

# youth PAGES

for Cuyahoga County Teens



[211cleveland.org/youthpages](http://211cleveland.org/youthpages)

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My Commitment. My Community.



**COMMISSIONERS**  
Jimmy Dimora  
Timothy F. Hagan  
Peter Lawson Jones





GETITFACTS.ORG

**Tear this card out and keep it with you,  
it could come in handy.**

<b>National Runaway</b> .....	<b>(800) RUNAWAY (786-2929)</b>
<b>Switchboard</b>	<b>24/7</b>
<b>Poison Control Center</b> .....	<b>(800) 222-1222</b>
	<b>24/7</b>
<b>Problem Gamblers' Hotline</b> .....	<b>(800) 589-9966</b>
<b>Recovery Resources</b> .....	<b>(216) 431-4131</b>
<b>(Drug and Alcohol Info)</b>	
<b>Safe School Helpline</b> .....	<b>(800) 418-6423 x359</b>
	<b>24/7</b>
<b>Safe School Hotline</b> .....	<b>(216) 771-SAFE (7233)</b>
<b>(Cleveland Metropolitan</b>	<b>24/7</b>
<b>School District Only)</b>	
<b>United Way's 211</b> .....	<b>211 or (216) 436-2000</b>
	<b>24/7</b>
<b>Westhaven Youth Shelter</b> .....	<b>(216) 941-0062</b>
	<b>24/7</b>

**hotlines +  
helplines**



[www.211cleveland.org/youthpages](http://www.211cleveland.org/youthpages)

See page 6 for more information about these listings.

There are places you can call when you need someone to talk to or if you need information right away. Many of the numbers listed are available 24 hours a day, 7 days a week.

Al-Anon/Alateen ..... (216) 621-1381

Alcoholics Anonymous ..... (216) 241-7387

Bellefaire Homeless Youth Program ..... (216) 570-8010

Runaway/Homeless Youth ..... 24/7

Bellflower Center for the Prevention of Child Abuse ..... (216) 229-8800

Cleveland Rape Crisis Center ..... (216) 619-6192

24/7

Cuyahoga County Department of Children and Family Services ..... (216) 696-KIDS (5437)

24/7

Child Abuse Prevention Hotline

Domestic Violence Center ..... (216) 391-HELP (4357)

24/7

Lesbian, Gay, Bisexual, Transgender (LGBT) ..... (216) 651-5428

Community Center of Greater Cleveland

Mental Health Services ..... (216) 623-6888

24/7

24-hour Mobile Crisis Unit

## A message from the Cuyahoga County Commissioners

Your future is important and is based on the choices you make. It is the job of the community to give you as much information as possible so that you make good choices and reach your goals.

You can be a mentor to your peers and friends by offering them information, encouragement and support. As a mentor you can encourage new ideas that are helpful to your friends as they are faced with the difficult choices that must be made every day.

The issues affecting young people today are truly challenging. This book can be a useful tool – it is our hope that it provides you with the information you will need.

Jimmy Dimora  
Timothy F. Hagan  
Peter Lawson Jones  
*Cuyahoga County Commissioners*

# youth pages

The listings in this edition of the Youth Pages are based on information supplied by agency representatives. Inclusion in the directory does not imply endorsement nor does exclusion imply disapproval. Every effort has been made to supply complete and accurate information; however, 211 makes no representation with respect to the accuracy and completeness of the contents of this directory and specifically disclaims any implied responsibility for the accuracy of the information provided and shall in no event be held liable for any loss or damage. Cuyahoga County recommends having a Medical Home. A Medical Home helps create consistent, quality care.

Resources in this directory were chosen for inclusion based on services offered for youths in Cuyahoga County. Agencies may be absent from the directory due to the inclusion/exclusion policy of 211 or for other reasons. 211 also reserves the right to prioritize and limit inclusion. Factors such as staffing, funding and agency participation affect the way in which eligible agencies have been included.

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- Cuyahoga County Board of County Commissioners
- Cuyahoga County Department of Development
- Cuyahoga County Department of Employment & Family Services
- Cuyahoga County Department of Senior & Adult Services
- Cuyahoga County District Board of Health
- United Way of Greater Cleveland
- Western Reserve Area Agency on Aging

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A RESOURCE GUIDE FOR TEENS

[www.211cleveland.org/youthpages](http://www.211cleveland.org/youthpages)



COMMISSIONERS  
Jimmy Dimora  
Timothy F. Hagan  
Peter Lawson Jones



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**enter our youth  
pages contest to win  
great prizes. see  
page 12 for details.**

## how to get the most out of your youth pages

Here are some tips to help you:

- The resources listed in this directory serve youths in Cuyahoga County, although some resources only serve part of the county.
- The directory is divided into sections to make searching easier.
- Don't know what it means? Check the Glossary on page 227.
- Some of the services in this book will be free and others will have a fee. If there is a charge for a service, it may be a fixed fee (the same amount for everyone), it may be based on your family income (such as a sliding scale) or it may be covered by your health insurance. It's best to call the agency and ask.
- Fees, hours of operation and services change from time to time. For the most current information, contact the agency.
- "Se habla Español" is included in the description of resources that may offer service in Spanish or may have Spanish-speaking staff available.

- If you can't find the service you're looking for, don't give up! **Call 211 or (216) 436-2000, 24 hours a day, 7 days a week.** It's the number for United Way's 211. This one number will open the door to thousands of area services.

**This guide was produced for you by:**

The Cuyahoga County Commissioners on behalf of the Family and Children First Council in partnership with the Cuyahoga County District Board of Health and United Way of Greater Cleveland's 211.

Youth Pages is a community collaboration reviewed by professionals and youth focus groups. We thank all of the people involved in creating this guide.

Please let us know of any changes, updates or ways we can improve this publication...your feedback is important. You can reach us via email at [fcfh@uws.org](mailto:fcfh@uws.org).

If you are looking at a friend's book and don't have your own, this entire guide is available at [211cleveland.org/youthpages](http://211cleveland.org/youthpages)

**you can also find us on**



**SEARCH: CLEVELAND YOUTH PAGES**

## **CONTACTING RESOURCES - important things to REMEMBER**

Before making your call, think about the problem and what it may take to solve it.

When you call, make sure to explain what type of service or help you need.

Also, be sure to jot down the name of the agency and the date you called.

Here are some questions you may want to ask when you call. You may want to write down the answers to these important questions:

- What services are available?
- Is there a cost? What is it?
- Do I have to be a certain age or live in a certain area to receive service?
- What are the hours?
- Do I need an appointment?
- Where is the agency located?
- What papers, forms and identification do I need?
- Do I need permission from a parent or guardian?



If you make an appointment, write the date and time of the appointment, the directions to the agency, and the phone number and name of the person you would need to call if you have to cancel your appointment.

Lastly, remember to check your options. Check to see if other agencies offer the same service. You may want to call a few agencies and ask them questions about their services before making a choice.

### **Contacting Resources – What Do I Say?**

In case you're not sure what to say when you call, here are a few samples to help you get started:

"Hello, I am trying to find someplace that will help my friend with his drug abuse problem. Who can I talk to about it and will it be confidential?"

"Hi, I'm calling to talk with someone about finding a job. Who is the person I need to speak with?"

"Hello, I would like to make an appointment to see a doctor. What do I need to do, and do I need my parents' permission?"



# hotlines and helplines

There are places you can call when you need someone to talk to, or if you need information right away. Many of the numbers listed are available 24 hours a day, 7 days a week.

**Al-Anon/Alateen** (216) 621-1381

Provides referrals to support groups for young adults who are affected by someone else's drinking.

**Alcoholics Anonymous** (216) 241-7387

Offers support and referrals to meetings for persons with alcohol problems. Answering service from 11 p.m. - 9 a.m.

**Bellefaire Homeless Youth Program** (216) 570-8010

Provides help for runaway and homeless youth.

**Bellflower Center for Prevention of Child Abuse** (216) 229-8800  
24/7 Family Helpline

Assists people who have experienced abuse. Provides anonymous support, information and referrals. Answers questions on parenting and child development.

**Cleveland Rape Crisis Center** (216) 619-6192  
24/7

Offers support for survivors of rape/sexual abuse.

**Cuyahoga County Department of Children and Family Services Child Abuse Prevention Hotline** (216) 696-KIDS (5437)  
24/7

Receives reports of suspected cases of child abuse and neglect.

**Domestic Violence Center** (216) 391-HELP (4357)  
24/7

Provides counseling and support for victims/witnesses of domestic violence.

**LGBT Community Center of Greater Cleveland** (216) 651-5428

Offers information, support and referrals for anyone with sexual orientation and/or gender identity issues.

**Mental Health Services 24-Hour Mobile Crisis Unit** (216) 623-6888  
24/7

Provides mental health crisis intervention, suicide prevention, information and referrals.

**National Runaway Switchboard** (800) RUNAWAY (786-2929)  
24/7

Provides crisis intervention and travel assistance to runaways. Gives referrals to shelters nationwide. Relays messages to or sets up conference calls with parents at the request of the youth.

**Poison Control Center** (800) 222-1222  
24/7

Offers immediate information about what to do in cases of poisonings.

**Problem Gamblers' Hotline** (800) 589-9966  
24/7  
Provides information, support and referrals for treatment.

**Recovery Resources** (216) 431-4131  
Offers drug and alcohol information and referrals to treatment programs.

**Safe School Helpline** (800) 418-6423 ext. 359  
24/7  
Handles anonymous reports (from any touchtone phone) of violence, weapons/threat of weapons and other crimes in schools.

**Safe School Hotline (Cleveland Metropolitan School District Only)** (216) 771-SAFE (7233)  
24/7  
Handles anonymous reports of violence, weapons/threat of weapons and other crimes in schools.

**United Way's 211** 211 or (216) 436-2000  
24/7  
Provides confidential information and referrals to agencies and organizations for almost any kind of problem or need including food, clothing and shelter.

**Westhaven Youth Shelter** (216) 941-0062  
24/7  
Offers crisis intervention and shelter for homeless and runaway youth.

# basic needs



[www.211cleveland.org/youthpages](http://www.211cleveland.org/youthpages)

# basic needs

## Food

**Food Pantries/Hot Meals** - If you and your family don't have enough food, food pantries can provide a few days' supply of food. There are also places that provide free hot meals. For information about where to go for food phone **211 or (216) 436-2000** 24 hours a day, 7 days a week.

**School Lunch** - You may be able to get free lunches at school if your family income is at or below a certain amount. Check with your school to see if they have a School Lunch Program and if you qualify.

**Summer Lunch** - During the summer months there are places you can go to get a free lunch. The Summer Food Service Program provides free lunches at places in the community. Lunches are for those up to 18 years old or with a disability up to age 21 and still in school. Call (800) 481-6885 to find a place near you.

## Clothing

Looking for free or low-cost clothing? Thrift stores offer used clothing at a low cost. There are also places that provide used clothing for free if you qualify. For information about thrift stores or places that may offer free clothing call **211 or (216) 436-2000** 24 hours a day, 7 days a week.

## Shelter

If you or your family needs a place to stay for whatever reason, shelters provide a temporary place to stay. You may be a victim of domestic violence, evicted from your home or a runaway with no place to stay.

### **Westhaven Youth Shelter** **(216) 941-0062 24/7**

Offers crisis intervention and shelter for homeless and runaway youth.

For information about shelters where you and your family may be able to stay together, phone **211 or (216) 436-2000**, 24 hours a day, 7 days a week.

Also, 211 can refer you to agencies that can help you with other services such as health care, substance abuse treatment, utilities and support groups. When you don't know who to call, call 211. Information and referral specialists will answer your calls 24 hours a day, 7 days a week, and will direct you to specific agencies.

## youth PAGES contest - win prizes!

- First, look though the Youth Pages to find the answers to the questions listed below.
- Next, go to [211cleveland.org/youthpages](http://211cleveland.org/youthpages) to find the Youth Pages contest entry form.
- Then, complete and submit your entry form. That's it! It's that easy!

All entries with correct answers to all the questions will be entered in a drawing for great prizes (such as movie tickets, gift cards, t-shirts and more!).

### QUESTIONS: (find the answers in this book!)

1. Cuyahoga County has many great libraries. What is the closest library to you?\_\_\_\_\_.
2. Name three student rights? \_\_\_\_\_.
3. Name one museum that you've never heard of \_\_\_\_\_.
4. If you're under 18, what do you need in order to be able to work during the school year?\_\_\_\_\_.
5. How many individuals die each year in the U.S. as a result of cigarette smoking?\_\_\_\_\_.
6. What number can you call 24 hours a day, 7 days a week for help finding services?\_\_\_\_\_.

# who CAN i talk to?



[www.211cleveland.org/youthpages](http://www.211cleveland.org/youthpages)

# who can i talk to?

This section focuses on mental health. Mental health is how you think, feel and act in order to find the best way to face life's situations. It helps you find new and better ways to look at yourself, your life and the people in your life. Mental health includes things like how you handle stress, relate to other people and make decisions.

Maintaining positive mental health is a serious issue. It is just as important as maintaining your physical health.

## Stress

There's a lot going on in your life right now. You are probably juggling a lot of things: school, sports, activities, friends, family, jobs and peer pressure. Each of these may cause stress - but they do not have to take over your life.

Many teens turn to smoking, drinking or other drugs to help cope with stress. Using some of these things may make it feel like the stress has gone away, but it really hasn't. In fact, using alcohol or other drugs can make you feel depressed or out of control, making matters worse. There are positive ways to tackle stress.

### Here are some positive ways to deal with stress:

- Exercise regularly, eat healthy, and get enough rest.
- Develop friendships.

- Take part in activities you enjoy, such as movies, sports, art, or music.
- Talk to someone, such as a friend, parent, school counselor or someone else you trust about what you are feeling. There are many resources in this section that you can contact if you feel like you need more help. For tips on how to talk to your parents, go to page 146.

## Mental Health Problems

Young people, as well as adults, can develop problems with their mental health. There are many types of mental health disorders, such as depression, and they range from mild to severe.

### Some signs that may indicate a mental health problem are:

- Poor school performance
- Withdrawal from friends and activities
- Sadness or hopelessness
- Lack of energy
- Uncontrolled or unusual levels of anger
- Trouble sleeping or wanting to sleep for long periods of time
- Poor feelings about yourself
- Being frequently anxious or worried
- Overeating or lack of appetite
- Using drugs or alcohol
- Extreme mood changes
- Abusive behavior toward others

Are you experiencing feelings similar to the ones listed here or dealing with a distressing situation? If so, then talk to someone.

Often, the best people to talk to are your parents or legal guardians. If you can't talk to them, seek out support from a trusted adult, friend or school counselor. You may also want to contact some of the agencies listed throughout this section.

If you or someone you know, youth or adult, is experiencing a mental health crisis and needs immediate help, phone Cuyahoga County's **24-hour mental health line at (216) 623-6888 or call 911.**

## Teen Suicide

Suicide is a leading cause of death among young people.

### Warning signs may include:

- Significant changes in eating or sleeping habits
- Withdrawal from friends, family and regular activities
- Violent actions
- Missing school
- Drug and alcohol abuse
- Unusual neglect of personal appearance
- Constant boredom, poor concentration and a decline in quality of schoolwork - not caring about life

- Physical symptoms such as constant headaches, stomachaches and sleepiness
- Taking unnecessary risks
- Giving away favorite possessions, cleaning up personal spaces (bedroom, school locker) and throwing away belongings
- Talking about suicide
- Negative response to compliments
- Abrupt cheerfulness after bouts of depression

If you have thoughts about suicide, or if you think someone you know may be contemplating suicide, seek help! For immediate help, **phone Cuyahoga County's 24-hour suicide prevention and mental health line at (216) 623-6888 or call 911.**

## Dealing with Death

Dealing with the death of a relative, close friend, or even someone you don't know very well can be difficult. If you find you are having difficulty coping after the death of someone, seek help. Talk to a parent, an adult you trust or seek help from one of the agencies listed in this section.

### Others sources of information:

The Jason Foundation (offers information about suicide prevention)

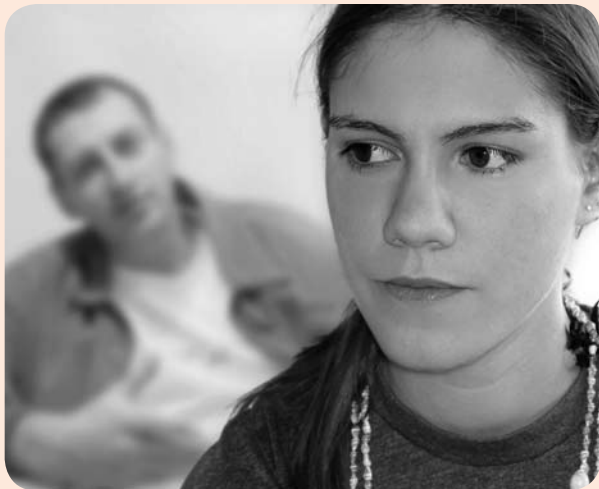
***jasonfoundation.com***

National Institute of Mental Health  
*[nimh.nih.gov](http://nimh.nih.gov)*

National Mental Health Awareness Campaign  
*[nostigma.org](http://nostigma.org)*

National Mental Health Information Center  
*[mentalhealth.samhsa.gov/child](http://mentalhealth.samhsa.gov/child)*

National Suicide Prevention Lifeline  
*[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)*



The following agencies offer some type of counseling or support service. Counseling offered varies with each agency and may include services for individuals, families or groups. Some agencies may offer counseling for specific topics such as child abuse, grief or youth issues. Information about services other than counseling is included in the description of the service.

Depending on the type of help you need, you may be able to receive service without having your parents there. You should contact the agency to find out if you need to bring a parent with you or have parental consent. For where to go for more information about your rights and mental health care, go to page 165.

A note about fees: Some of the counseling services listed below are free and others will charge a fee. They may offer a sliding scale or discount. Some agencies may only accept those with certain types of health insurance or coverage, such as Medicaid clients only or only those with private insurance. Some may not accept private insurance at all. When you call, ask them how much the services will cost and ask them to explain to you how payment can be made.

**Applewood Centers**  
2525 E. 22nd St.  
Cleveland, Ohio 44115  
*[applewoodcenters.org](http://applewoodcenters.org)*  
Appointment needed.

**(216) 459-9827**  
Intake



**Beech Brook** (216) 831-2255  
3737 Lander Rd.  
Pepper Pike, Ohio 44124  
[beechbrook.org](http://beechbrook.org)  
Appointment needed.

**Bellefaire JCB** (216) 320-8502  
22001 Fairmount Blvd. (800) 879-2522  
Shaker Hts., Ohio 44118  
[bellefairejcb.org](http://bellefairejcb.org)  
Services provided on-site, at schools and in the home.  
Appointment needed.

**Bellefaire JCB** (216) 570-8010  
**Homeless Youth Program** 24/7  
Provides help for runaway and homeless youth.  
[bellefairejcb.org/basic-center](http://bellefairejcb.org/basic-center)

**Berea Children's Home** (440) 260-8300  
**and Family Services** Intake  
202 E. Bagley Rd.  
Berea, Ohio 44017  
[www.bchfs.org](http://www.bchfs.org)  
Services offered at community locations and in the home.  
Appointment needed.

**Catholic Charities Services** (216) 939-3727  
**of Cuyahoga County**  
7800 Detroit Ave.  
Cleveland, Ohio 44102  
[clevelandcatholiccharities.org](http://clevelandcatholiccharities.org)  
Appointment needed. Se habla Español.

**Center for Families** (216) 432-7230  
**and Children** Intake  
4500 Euclid Ave.  
Cleveland, Ohio 44103  
[c4fc.org](http://c4fc.org)  
Services provided at locations in Cleveland and Cleveland  
Hts. Appointment needed.

**Cleveland Rape Crisis Center** (216) 619-6194  
**24-Hour Hotline:** (216) 619-6192  
526 Superior Ave. Suite 1400  
Cleveland, Ohio 44114  
[clevelandrapecrisis.org](http://clevelandrapecrisis.org)  
Provides a 24-hour hotline for survivors of rape and sexual  
abuse and their nonoffending family members. Offers  
emotional support and hospital advocacy. Services are free.

**Connections: Health  
Wellness Advocacy**

24200 Chagrin Blvd.  
Beachwood, Ohio 44122  
*connectionsleveland.org*

Services provided at locations in Beachwood, Garfield Hts.  
or in the home. Appointment needed.

(216) 831-6466

**Harvard Community  
Services Center**

18240 Harvard Ave.  
Cleveland, Ohio 44128  
*harvardcsc.org*

Appointment needed. Services are free.

(216) 991-8585

**Jewish Family Service Assn.  
of Cleveland (JFSA)**

Drost Family Center  
24075 Commerce Park Rd.  
Beachwood, Ohio 44122  
*jfsa-cleveland.org*

Appointment needed.

(216) 292-3999

**Lakewood Hospital  
Teen Health Center**

15644 Madison Ave., Ste. 108  
Lakewood, Ohio 44107  
*lakewoodhospital.org*

Appointment needed.

(216) 391-8336

**LGBT Community Center  
of Greater Cleveland**

6600 Detroit Ave.  
Cleveland, Ohio 44102  
*lgcsc.org*

Offers services such as support, discussion groups and a  
drop-in center for gay, lesbian, bisexual, transgendered  
and questioning youth. Services are free.

(216) 651-5428

**May Dugan Center**

4115 Bridge Ave.  
Cleveland, Ohio 44113  
*maydugancenter.org*

Appointment needed. Services are free.

(216) 631-5800



**MetroHealth Medical Center** (216) 778-4428  
2500 MetroHealth Dr.  
Cleveland, Ohio 44109  
[www.metrohealth.org](http://www.metrohealth.org)  
Appointment needed. Se habla Español.

**Murtis H. Taylor** (216) 283-4400  
**Human Services System**  
13422 Kinsman Rd.  
Cleveland, Ohio 44120  
[murtistaylor.org](http://murtistaylor.org)  
Services offered at three locations in Cleveland.  
Appointment needed.

**Support to At-Risk** (216) 941-0062  
**Teens (START)** 24/7

**Westhaven Youth Shelter**  
[Immyouth.org](http://Immyouth.org)  
Offers crisis intervention and shelter for homeless and runaway youth. Located in Cleveland. Services are free.

**West Side Ecumenical** (216) 651-2037  
**Ministry (WSEM)**  
5209 Detroit Ave.  
Cleveland, Ohio 44102  
[wsem.org](http://wsem.org)  
**Counseling Solutions:** Services by appointment or walk-in, phone for hours.

# drugs + addiction



[www.211cleveland.org/youthpages](http://www.211cleveland.org/youthpages)

# drugs + addiction

Using alcohol, tobacco and other drugs is dangerous and can put you at risk for addiction. This section will provide some basic facts including some important resources that can help you make the healthiest decisions for yourself and those you love.

## Alcohol, Tobacco and Other Drugs

Alcohol is the most widely used and abused drug among America's teenagers. Underage alcohol use is the leading cause of death among youths and often plays a major role in adolescent motor vehicle crashes, traumatic injuries, suicide, date rape, and family and school problems. Youths who begin drinking by 7th grade are more likely to experience academic problems, other drug use, and delinquent behavior.

### Risks associated with alcohol use:

- bad decisions
- alcohol poisoning
- making a fool of yourself
- vomiting
- passing out
- stumbling and falling
- rape, assault and other violence
- seizures

### Test yourself:

- Have you ever thought you should cut down on your drinking?**
- Have you ever felt annoyed by others' criticism of your drinking?**
- Have you ever felt guilty about your drinking?**
- Do you feel the need for a drink when you get up to get started for the day?**

If you answered "yes" once: you might be experiencing an alcohol-related problem. If you answered "yes" two or more times: there is a strong possibility that an alcohol use problem currently exists.

### What Is Addiction?

Addiction is a chronic, but treatable, brain disorder brought on by the use of alcohol, tobacco and other drugs. People who are addicted cannot control their need for alcohol or other drugs, even in the face of negative health, social or legal consequences. This lack of control is the result of changes in the brain brought on by the use of alcohol, tobacco and other drugs. Those changes, in turn, cause behavior changes.

Symptoms of addiction include tolerance (needing to use more of the drug to get the desired effect over time) and

withdrawal, a painful or unpleasant physical response when you try to stop using. Many people suffering from addiction deny that they have a problem. Many times they claim they use because they like it.

## Facts About Smoking

- The majority of smokers began smoking before age 19; in fact, only one percent of current smokers started smoking at age 21 or older.
- In the U.S., nearly 450,000 individuals die each year as a result of cigarette smoking. That's more than 1,200 smokers per day!
- Tobacco kills more Americans each year than alcohol, cocaine, crack, heroin, homicide, suicide, car accidents, fire and AIDS combined.
- Teens who smoke are more likely to also start using and abusing alcohol, marijuana and cocaine.
- Hookah smoking (flavored tobacco in a type of water pipe) is not safer than cigarette smoking. It can be just as dangerous and possibly worse. It has not been proven that the water in the pipe filters out harmful chemicals.

## Marijuana

Marijuana's short-term effects include increased appetite, dry mouth and red eyes. Long-term effects can include impact

on schoolwork, including brain changes similar to learning disabilities. Recent research suggests a strong relationship between marijuana use and the onset of schizophrenia. Marijuana can remain detectable in an individual's system for over a month, and a positive drug test can have a serious impact on the ability to get a good job.

## Club Drugs

Club drugs are dangerous substances that are being used by youths at raves, dance clubs, concerts and parties. Some of the more popular club drugs include MDMA (Ecstasy), GHB, Rohypnol, Ketamine, Methamphetamine and LSD, many of which are addictive. The use of these drugs can lead to extreme drowsiness and fatigue, extreme loss of memory, aggression, nausea and in some cases, coma or even death. Combined with alcohol, these drugs are even more dangerous.

## Inhalants

Inhalants are breathable chemical vapors that cause serious damage to the brain and can cause death even the very first time they're used. Sniffing inhalants in highly concentrated amounts can be very dangerous. Inhalants can cause hearing loss, cancer and brain damage as well as induce heart failure and death by suffocation.

## Steroids

The use of anabolic steroids by teenagers has been on the rise. Many youths are experimenting with steroids to increase their strength, especially if they are athletes, not aware of the major health risks. Using steroids can stunt bone growth and can do permanent damage to the heart, liver and kidneys.

## Prescription Drugs

### When using a prescription drug:

- Only take prescriptions for the illness or injury for which the doctor prescribed them.
- NEVER go over the dosage listed on the bottle.
- NEVER share your prescribed drugs with anyone or use anyone else's prescriptions. (A physician prescribes drugs for an individual and for a particular reason.) If taken by the wrong person, a prescribed drug can cause unintended consequences.
- NEVER use anyone else's prescription drugs, even if it's someone's that you know like your parents or a friend. Raiding other's medicine cabinets, purses, etc., for prescriptions is known as "pharming" and is dangerous!! Many teens are going to "pharm" parties where prescriptions that teens bring from home are mixed in a bowl and

taken, sometimes by handfuls, by those at the party. Taking drugs that weren't prescribed for you is illegal. And taking your own prescriptions, but not in the way prescribed can make you very sick or even kill you.

## Fast Facts

- Binge drinking – when you have five or more drinks at one time – can lead to hospitalization and even death.
- Teens who drink are more likely to have unsafe, unprotected sex, increasing their risk of pregnancy and sexually transmitted diseases (STDs).
- In Ohio you must be at least 21 before you can legally buy alcohol and at least 18 before you can legally buy cigarettes.
- Youths using marijuana are more likely to experiment with other illegal drugs or alcohol, steal, be socially withdrawn, experience problems with depression or commit suicide.
- Marijuana and tobacco cigarettes/cigars soaked in Phencyclidine (PCP), referred to as "wet," make the drug use unpredictable and more dangerous.

### Some sites to search for more information:

Alcoholics Anonymous

***aa.org***

Al-Anon/Alateen

***afgcleveland.org***

(Information for relatives and friends of heavy drinkers)

American Lung Association

***lungusa.org***

Club Drugs Information

***clubdrugs.org***

Cocaine Anonymous

***ca.org***

Narcotics Anonymous

***na.org***

National Institute on Drug Abuse

***nida.nih.gov***

***teens.drugabuse.gov***

***steroidabuse.org***

(Information about anabolic steroids)

National Youth Anti-Drug Media Campaign

***abovetheinfluence.com***

Tobacco Prevention Information

***cdc.gov/tobacco***

## Gambling Addiction

Gambling on games such as cards and dice is very popular. On television and on the Internet, gambling is made to look cool and winning money may be exciting. However, many people don't realize that you can become addicted to gambling, and in Ohio gambling is illegal for anyone under age 18.

The following are warning signs that a gambling problem may exist. Do any of these apply to you or someone you know?

- Gambling more often and for longer periods
- Increasing the amount of money spent on gambling
- Constantly thinking about gambling
- Changing friends or no longer wanting to "hang out" with friends
- Borrowing money to continue to gamble

If you think you or someone you know may have a gambling problem, phone the Problem Gamblers' 24-Hour Hotline at (800) 589-9966 for information, support and referrals for treatment.

**For more information go to:**

Gam-Anon

***gam-anon.org***

(Information for relatives and friends of problem gamblers)

National Council on Problem Gambling

***ncpgambling.org***

Gamblers Anonymous

***gamblersanonymous.org***

(Support for problem gamblers)

Ohio Council on Problem Gambling

***ohiocpg.org***

## **Food Addiction**

It is possible to become addicted to food, where you can't stop eating or thinking about food. Food addiction is a type of eating disorder. For more information about eating disorders and getting help, go to page 88.

**For more information go to:**

***foodaddictsanonymous.org***





The following organizations offer services for the prevention, treatment and support of alcohol, tobacco and other drug problems, gambling problems and food addiction. You may need parental consent to access these services, so it's best to contact the agency to see if you must bring a parent with you or have parental consent.

**Al-Anon Family Groups/Alateen** (216) 621-1381  
75 Public Sq., Ste. 701  
Cleveland, Ohio 44113  
[afgcleveland.org](http://afgcleveland.org)

Offers support groups for youths age ten and older who are relatives or friends of heavy drinkers.

**Alcoholics Anonymous** (216) 241-7387  
Cleveland District Office  
1701 E. 12th St.  
Cleveland, Ohio 44114  
[aacleveland.com](http://aacleveland.com)

Sponsors twelve-step mutual support group meetings to assist alcoholics and their family and friends.

**American Lung Association of Ohio - Northeast Region** (216) 524-5864  
6100 Rockside Woods Blvd., Ste. 260  
Independence, Ohio 44131  
[lungusa.org](http://lungusa.org)

Provides information about the dangers of smoking, helps with stopping smoking and distributes information for patients with lung diseases such as asthma and emphysema.

**Bellefaire JCB** (216) 320-8502  
22001 Fairmount Blvd. (800) 879-2522  
Shaker Hts., Ohio 44118  
[bellefairejcb.org](http://bellefairejcb.org)

Offers assessment, case management and counseling programs for those suffering from substance abuse and chemical dependency. Appointment needed.

**SAY - Social Advocates for Youth** (216) 932-2800  
Offers substance abuse and violence prevention services in some schools in the eastern suburbs.

**Catholic Charities Services of Cuyahoga County** (216) 391-2030  
**Chemical Dependency Services** ext. 25  
3135 Euclid Ave., Rm. 202  
Cleveland, Ohio 44115  
[clevelandcatholiccharities.org](http://clevelandcatholiccharities.org)

Offers assessment, counseling, case management and referrals for youths with substance abuse problems. Appointment needed. Se habla Español.

**Center for Families and Children at Taylor Commons** (216) 932-9497  
1941 S. Taylor Rd.  
Cleveland Hts., Ohio 44118  
[c4fc.org](http://c4fc.org)

**RapArt:** Offers substance abuse prevention programs for youths and families in certain school districts.

## **Cleveland UMADAOP**

**(216) 361-2040**

1215 E. 79th St.

Cleveland, Ohio 44103

*umadaops.com*

Offers education, support and referrals for anyone with a substance abuse problem. Provides after-school and summer programs for youth.

## **The Covenant**

**(216) 574-9000**

1515 W. 29th St.

Cleveland, Ohio 44113

*the-covenant.org*

Provides treatment for chemically dependent teens, including those with both substance abuse and mental health problems. Appointment needed.

## **Food Addicts**

**(440) 842-2822**

### **Anonymous - Cleveland**

Cleveland, Ohio

*foodaddictsanonymous.org*

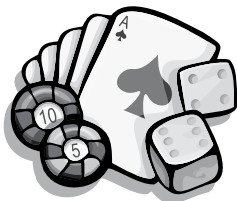
Provides support groups for people who can't stop eating or thinking about food.

## **Gamblers Anonymous**

**(888) 424-3577**

*gamblersanonymous.org*

Offers support for problem gamblers who wish to stop gambling.



## **Hispanic Urban Minority Alcoholism and Drug Abuse**

**(216) 459-1222**

### **Outreach Program (HUMADAOP)**

3305 W. 25th St.

Cleveland, Ohio 44109

*hispanicumadaop.com*

Offers prevention, education, assessment and intervention services for drug and alcohol abuse. Se habla Español.

## **New Directions**

**(216) 591-0324**

30800 Chagrin Blvd.

Pepper Pike, Ohio 44124

*newdirect.org*

Provides treatment for chemically dependent adolescents, ages 13-18, and their families. Appointment needed.

## **Northern Ohio**

**(216) 391-6672**

### **Recovery Association**

3746 Prospect Ave.

Cleveland, Ohio 44115

*norainc.org*

Offers chemical dependency treatment, which uses African principles, for teens. Provides substance abuse prevention programs.

## Recovery Resources

(216) 431-4131

3950 Chester Ave.

Cleveland, Ohio 44114

*recres.org*

Offers information about alcohol and other drugs. Provides referrals for treatment and support services to those experiencing chemical dependency problems and those impacted by others' chemical dependency problems.

## Windsor Laurelwood Counseling (216) 595-0500

### Center of Beachwood

23240 Chagrin Blvd.

Beachwood, Ohio 44122

*windsorlaurelwood.com*

Offers outpatient treatment for chemically dependent adolescents. Appointment needed.



# SOCIAL + RECREATIONAL ACTIVITIES



[www.211cleveland.org/youthpages](http://www.211cleveland.org/youthpages)

# RECREATION, VOLUNTEERING, MENTORS & MORE!

This section contains cool places to go to and fun things to do around town, where to find mentoring programs, and opportunities for community service and volunteering.

## Recreation

Think about your favorite classes and activities at home or in school. There is probably a place listed in this book where you can learn more about them and find other people with those common interests. Or maybe you want to expand your horizons and learn something new or develop a new favorite interest. There are plenty of amazing opportunities both in and around Cleveland and many of them are listed right here.

Want to learn more about a sport or join a league? Or want to hang out with other people who love animals or art or music, for example? The places that are listed in this section are fun, friendly places to hang out and learn. Most are free or very low cost. All are safe, drug-free environments.

These activities will allow you to focus on positive paths to make you a better, happier person. You can be anything you want to be ... it's up to you!

## Mentors

Mentors are people you can look to for support, advice and guidance. They may offer you help with schoolwork, career advice, outings and recreational activities or just friendship. Mentors act as role models and can be a parent, teacher, counselor, friend or volunteer. Many of the resources in this section have programs that provide mentors.

## Volunteering

One of the best ways to learn about something is through doing it. Do the following questions describe you?

- Are you someone who likes to get involved?
- Do you like helping people?
- Do you have a desire to have a career?
- Do you like to make a difference?
- Are you interested in learning new skills and having new experiences?

If you answered “yes” to any of these questions, then volunteering may be for you!

- By volunteering, you will have a chance to help other people – sometimes helping them do things they couldn't do themselves. You will meet new people, gain new skills, and learn more about yourself, too.

- Being a volunteer shows that you have character, commitment, a sense of responsibility and that you care about other people. Successful volunteer experiences may also improve your chances of getting a job, into college or a scholarship.
- Volunteering often leads to new friendships, to finding a mentor, and great references for jobs, careers, college and more.
- Making a difference in someone's life always makes you feel great about yourself and builds confidence and leadership skills.

For information about potential volunteer opportunities, contact Business Volunteers Unlimited (BVU) at (216) 736-7711 or [businessvolunteers.org](http://businessvolunteers.org).

Also try VolunteerMatch at [volunteermatch.org](http://volunteermatch.org)

**Try these Web sites for more information on youth topics:**

[kids.gov](http://kids.gov)

[girlsinc.org](http://girlsinc.org)

[askforkids.com](http://askforkids.com)

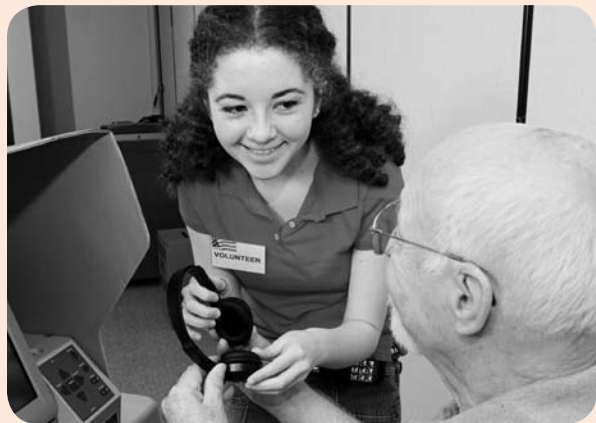
[ipl.org](http://ipl.org) (Click on KidSpace or TeenSpace)

[youthnoise.org](http://youthnoise.org)

[kids.yahoo.com](http://kids.yahoo.com)

## Community Service and Leadership

Some programs offer youths the opportunity to give back to others through community service while learning leadership skills. The experience and knowledge you will gain from participating in these programs will help you throughout your life, and you'll be making a positive impact in your community. Many of the resources in this section have programs that offer community service and leadership opportunities.



The following is a list of organizations that offer recreational activities, mentors, community service programs, volunteer opportunities and other positive activities for youth.

**100 Black Men of Greater Cleveland** (216) 361-9146

4415 Euclid Ave., Ste. 331  
Cleveland, Ohio 44103  
[100blackmenleveland.org](http://100blackmenleveland.org)

**100 Black Men of Tomorrow:** Offers youths the chance to participate in projects that are led by adults. Teaches life skills, promotes self-discipline, self-respect, and personal responsibility as well as a chance to explore different careers.

**AIDS Taskforce of Greater Cleveland** (216) 431-7882  
[aidstaskforce.org](http://aidstaskforce.org)

**Beyond Identities:** Manages a drop-in center for teens and young adults ages 14-24, regardless of gender expression or sexual orientation, who would like a safe space to socialize with other youths. Offers activities such as movies, parties and tutoring. Call for location and details.

**Bellefaire JCB** (216) 320-8310  
22001 Fairmount Blvd.  
Shaker Hts., Ohio 44118  
[jbbbsa.org](http://jbbbsa.org)

Offers a Jewish Big Brother Big Sister program for youths ages six through 18.

**Big Brothers Big Sisters of Greater Cleveland** (216) 621-8223  
1422 Euclid Ave., Ste. 552  
Cleveland, Ohio 44115  
[bbbs.org/cleveland](http://bbbs.org/cleveland)

Provides trained adult volunteers to serve as role models and friends for youths ages eight through 15.

**Boy Scouts of America - Greater Cleveland Council** (216) 861-6060  
2241 Woodland Ave.  
Cleveland, Ohio 44115  
[gccbsa.org](http://gccbsa.org)

Offers an educational and recreational program of character building, citizenship training and personal fitness for boys.

**Boys & Girls Clubs of Cleveland** (216) 883-2106

6114 Broadway Ave.  
Cleveland, Ohio 44127  
*clevekids.org*

Provides social, recreational and educational activities for youths ages six through 18. Held at several locations listed below.

**Broadway Club** (216) 883-4663

6114 Broadway Ave.  
Cleveland, Ohio 44127

**Heights Youth Club** (216) 321-2582

2065 Lee Rd.  
Cleveland Hts., Ohio 44118

**King Kennedy Club** (216) 881-4636

2561 E. 59th St.  
Cleveland, Ohio 44104

**Mt. Pleasant Club** (216) 752-2450

3689 E. 131st St.  
Cleveland, Ohio 44120

**West Side Club** (216) 459-2697

3340 Trowbridge Ave.  
Cleveland, Ohio 44109  
Se habla Español.

**Business Volunteers** (216) 736-7711

**Unlimited (BVU)**  
The Volunteer Center  
1300 E. 9th St., Ste. 1805  
Cleveland, Ohio 44114  
*businessvolunteers.org*

Matches those seeking to volunteer with volunteer opportunities. Phone for complete information or search their Web site for a list of possible volunteer opportunities.

**Children's Museum of Cleveland** (216) 791-7114

10730 Euclid Ave.  
Cleveland, Ohio 44106  
*clevelandchildrensmuseum.org*

**City Mission** (216) 431-3510

5310 Carnegie Ave.  
Cleveland, Ohio 44103  
*thecitymission.org*

Provides youth clubs and an after-school program that offers faith-based activities, recreational activities and tutoring for youth.

**City Year - Cleveland** (216) 373-3400  
526 Superior Ave., Ste. 408  
Cleveland, Ohio 44114  
*cityyear.org*

Offers young adults ages 17-24 the opportunity to spend ten months in full-time community service. Also offers programs for students in grades six through 12 that provide community service opportunities and workshops on topics such as leadership, diversity awareness and conflict resolution (Young Heroes for students in grades six through eight and City Heroes for grades nine through 12).

**Cleveland Botanical Gardens** (216) 721-1600  
11030 East Blvd.  
Cleveland, Ohio 44106  
*cbgarden.org*

**Cleveland Metroparks** (216) 635-3200  
4101 Fulton Pkwy.  
Cleveland, Ohio 44144  
*clemetparks.com*

**Cleveland Metroparks Zoo** (216) 661-6500  
3900 Wildlife Way  
Cleveland, Ohio 44109  
*clemetzoo.com*

Free admission every Monday for Cuyahoga County residents; does not include the Rainforest.

**Cleveland Museum of Art** (216) 421-7340  
11150 East Blvd.  
Cleveland, Ohio 44106  
*clevelandart.org*

Free general admission.

**Cleveland Museum of Natural History** (216) 231-4600  
1 Wade Oval Dr., University Circle  
Cleveland, Ohio 44106  
*cmnh.org*

**Cleveland Music School Settlement** (216) 421-5806  
11125 Magnolia Dr.  
Cleveland, Ohio 44106  
*themusicsettlement.org*

Offers music instruction, arts education programs, arts-related therapy and musical and dance performances.

**Cleveland Public Theatre** (216) 631-2727  
6415 Detroit Ave.  
Cleveland, Ohio 44102  
*cptonline.org*

Offers inner-city teens ages 14 and older opportunities to work in the theater and learn acting, play writing, production, touring and directing.



**Cleveland Treatment Center** (216) 861-4246

1127 Carnegie Ave.  
Cleveland, Ohio 44115  
*clevelandtreatmentcenter.org*

**Hooked on Fishing, Not on Drugs:**

A year-long, outdoor education and prevention program that includes fishing instruction for youths ages 12 and older who are involved in negative, high-risk activities such as drugs and gangs.

**Dobama Theatre** (216) 932-6838

2340 Lee Rd.  
Cleveland Hts., Ohio 44118  
*dobama.org*

Provides theatrical performances of contemporary plays as well as opportunities in acting, puppetry and playwriting.

**Dunham Tavern Museum** (216) 431-1060

6709 Euclid Ave.  
Cleveland, Ohio 44103  
*dunhamtavern.org*

A history museum of the life and times of early Ohio settlers.

**Fatima Family Center** (216) 391-0505

6600 Lexington Ave.  
Cleveland, Ohio 44103

Offers activities such as recreation, workshops, tutoring and mentoring for youths ages six and older who live in the Hough neighborhood. Part of Catholic Charities Community Services.

**Girl Scouts of North East Ohio** (800) 852-4474

1 Girlscout Way  
Macedonia, Ohio 44056  
*www.gsneo.org*

Offers an informal educational program carried out in small groups (troops) with adult leadership to help girls ages five and older become confident, creative and responsible young women. Provides a wide range of activities developed around the interests and needs of girls.

**Golden Ciphers** (216) 574-4888

5704 Broadway Ave.  
Cleveland, Ohio 44127

Provides an after-school program that teaches life skills and healthy choices. Includes information about substance abuse and HIV prevention.

**Great Lakes Science Center** (216) 694-2000

601 Erieside Ave.  
Cleveland, Ohio 44114  
*greatscience.com*

**HUMADAOP** (216) 875-2608  
**Hispanic Youth Center -  
El Centro Hispanico De Jovenes**  
3115 Scranton Rd.  
Cleveland, Ohio 44109  
*hispanicumadaop.com*

Provides a drop-in center offering a wide variety of recreational and substance abuse prevention activities. Se habla Español.

**International Women's Air  
and Space Museum** (216) 623-1111  
1501 N. Marginal Rd., Rm. 165  
Burke Lakefront Airport  
Cleveland, Ohio 44114  
*iwasm.org*

Free admission.

**Karamu House** (216) 795-7070  
2355 E. 89th Street  
Cleveland, Ohio 44106  
*karamuhouse.org*

Provides cultural arts programs including classes in areas such as dance, music and drama as well as visual arts camps. Offers dance and theater performances.

**Lake Erie Nature & Science Center** (440) 871-2900  
28728 Wolf Rd.  
Bay Village, Ohio 44140  
*lensc.org*

**Mandel Jewish Community  
Center of Cleveland** (216) 831-0700  
26001 S. Woodland Rd.  
Beachwood, Ohio 44122  
*clevejcc.org*

Works to strengthen the Greater Cleveland Jewish and general communities. Offers social, educational, cultural arts and recreational activities.

**Men of Brick** (216) 701-5299  
(Brotherhood, Respect, Intelligence,  
Conduct, Knowledge)  
1651 E. 71st St.  
Cleveland, Ohio 44103  
*thebrickprogram.org*

Provides an after-school program that offers assistance with reading, teaches life skills, and provides opportunities for community service for young males. Participants act as mentors to younger children.

**Museum of Contemporary  
Art (MOCA) Cleveland** (216) 421-8671  
8501 Carnegie Ave.  
Cleveland, Ohio 44106  
*mocacleveland.org*

**Near West Theatre** (216) 961-9750

6514 Detroit Ave.  
Cleveland, Ohio 44102  
[www.nearwesttheatre.org](http://www.nearwesttheatre.org)

Offers opportunities for youths to participate in public theatrical performances. Performances held at another location.

**Ohio City Bicycle Co-op** (216) 830-2667

1823 Columbus Ave., Rear Bldg.  
Cleveland, Ohio 44113  
[ohiocitycycles.org](http://ohiocitycycles.org)

Provides opportunities to earn a used, reconditioned bicycle. Also offers free, casual, weekly rides and riding and repair classes.

**Ohio State University** (216) 429-8200

**Extension - Cuyahoga County**

9127 Miles Ave.  
Cleveland, Ohio 44105  
[cuyahoga.osu.edu](http://cuyahoga.osu.edu)

Offers many youth programs including 4-H Clubs, youth leadership groups, nutrition, career exploration, environmental science and financial literacy. Offered at locations throughout Cuyahoga County.

**Partnership for a Safer Cleveland** (216) 523-1128

2239 E. 14th St.  
Cleveland, Ohio 44115  
[safercleveland.org](http://safercleveland.org)

Provides youths ages 13-18 the opportunity to work with community leaders on youth issues.

**Passport Project** (216) 721-1055

1280 Buckeye Rd.  
Cleveland, Ohio 44120  
[passportproject.org](http://passportproject.org)

Offers a variety of classes in dance, visual arts, drama and music.

**Police Athletic League (PAL)**

Offers sports leagues, carnivals and other recreational activities for youth. Ask for the Police Athletic League when calling.

**Cleveland Police Athletic League** (216) 687-9135  
[clevelandpal.org](http://clevelandpal.org)

**East Cleveland Police Athletic League** (216) 258-5550

**Euclid Police Athletic League** (216) 289-2733  
[euclidpd.org/pal1.htm](http://euclidpd.org/pal1.htm)

**Rainey Institute** (216) 881-1766  
1523 E. 55th St.  
Cleveland, Ohio 44103  
*raineyinstitute.org*  
Provides instruction in music, dance, drama and other arts, as well as summer camp, for youth. After-school programs include tutoring.

**Recovery Resources** (216) 431-4131  
3950 Chester Ave.  
Cleveland, Ohio 44114  
*recres.org*  
**Teen Institute:** Offers substance abuse prevention-related activities in the community for youths in grades nine through 12 who are drug, alcohol and tobacco-free.

**Rock and Roll Hall of Fame and Museum** (216) 781-7625  
751 Erieside Ave.  
Cleveland, Ohio 44114  
*www.rockhall.com*

**Salvation Army** (216) 861-8185  
2507 E. 22nd St.  
Cleveland, Ohio 44115  
*use.salvationarmy.org*  
Provides recreational activities, tutoring and summer camp for youth. Services offered at several locations in Cleveland.

**Shaker Heights Youth Center** (216) 752-9292  
17300 Van Aken Blvd.  
Shaker Heights, Ohio 44120  
Operates as a community-based social service agency that serves youths who live or attend school in Shaker Heights and their families. Provides prevention, mentoring and youth leadership services.

**Singing Angels** (216) 432-5555  
3615 Euclid Ave., 4th Fl.  
Cleveland, Ohio 44115  
*singingangels.org*  
Sponsors a youth chorus for those ages eight and older. Auditions are held twice a year.

**St. Malachi Center** (216) 771-3036  
2416 Superior Viaduct  
Cleveland, Ohio 44113  
Provides recreational and educational activities such as an afterschool program, summer day camp and a teen leadership program.

**Support to At-Risk Teens** (216) 651-6841  
(START) at St. Paul's  
Community Church  
4427 Franklin Blvd.  
Cleveland, Ohio 44113  
*Immyouth.org*

**After-School Prevention Resources:** Offers a safe, neighborhood-based drop-in center. Offers activities such as basketball, computers, art, music, and volunteer opportunities for youths 12-17.

**Western Reserve** (216) 721-5722  
**Historical Society**  
10825 East Blvd., University Circle  
Cleveland, Ohio 44106  
*wrhs.org*

**YMCA of Greater Cleveland** (216) 344-0095  
*www.clevelandymca.org*  
Promotes teamwork and good sportsmanship through youth programs, physical fitness and club activities.

**Downtown YMCA** (216) 344-7700  
2200 Prospect Ave.  
Cleveland, Ohio 44115

**Euclid YMCA** (216) 731-7454  
631 Babbitt Rd.  
Euclid, Ohio 44123

**Hillcrest YMCA** (216) 382-4300  
5000 Mayfield Rd.  
Lyndhurst, Ohio 44124

**Lakewood YMCA** (216) 521-8400  
16915 Detroit Ave.  
Lakewood, Ohio 44107

**Ridgewood YMCA** (440) 842-5200  
6840 Ridge Rd.  
Parma, Ohio 44129

**Southeast YMCA** (216) 663-7522  
460 Northfield Rd.  
Bedford, Ohio 44146

**West Park YMCA** (216) 941-5410  
15501 Lorain Ave.  
Cleveland, Ohio 44111

**West Shore YMCA** (440) 871-6885  
1575 Columbia Rd.  
Westlake, Ohio 44145

**Y Express** (440) 887-0430  
7928 Day Dr.  
Parma, Ohio 44129  
(Located in Parmatown Mall)

**YWCA of Cleveland** (216) 881-6878  
4019 Prospect Ave.  
Cleveland, Ohio 44103  
[ywcaofcleveland.org](http://ywcaofcleveland.org)

Provides programs that foster self-esteem and personal growth for youth.

**Youth Challenge** (440) 892-1001  
800 Sharon Dr.  
Westlake, Ohio 44145  
[youthchallengesports.com](http://youthchallengesports.com)

Offers adapted sports and recreational opportunities, including interaction with volunteers, for youths with physical disabilities.

### City Recreation and Neighborhood Centers

Your city or neighborhood center may provide many different youth activities such as sports, crafts, arts, drama, tutoring, mentoring and volunteering. Some centers provide services only to residents of their city, while others are open to all. Cities and school districts often have a Community Education or Community Services Department that provides many activities and services. If you don't see your community listed here, you can call your city or village hall for more information.

**Bay Village - Dept. of Recreation** (440) 871-6755  
[bayrec.org](http://bayrec.org)

**Beachwood - Div. of Recreation** (216) 292-1970  
[beachwoodohio.com](http://beachwoodohio.com)

**Bedford - Ellenwood Recreation Center** (440) 735-6573  
[bedfordoh.gov](http://bedfordoh.gov)

**Bedford Heights - Jimmy Dimora Center** (440) 786-3290  
[bedfordheights.gov](http://bedfordheights.gov)

**Berea - Dept. of Recreation** (440) 826-5890  
[bereaohio.com](http://bereaohio.com)

**Bratenahl Community Center** (216) 451-5350  
[bratenahl.org](http://bratenahl.org)

**Brecksville - Dept. of Recreation** (440) 546-2300  
[brecksville.oh.us](http://brecksville.oh.us)

**Broadview Heights - Dept. of Parks and Recreation** (440) 838-4522  
[bhrec.org](http://bhrec.org)

**Brook Park - Recreation Center** (216) 433-1545  
[cityofbrookpark.com](http://cityofbrookpark.com)

**Brooklyn Recreation Center** (216) 351-5334  
[brooklynohio.gov](http://brooklynohio.gov)

**Brooklyn Heights - Recreation Dept.** (216) 739-3706  
[brooklynhts.org](http://brooklynhts.org)

**Cleveland – Div. of Recreation** (216) 664-2561  
*city.cleveland.oh.us*

**Alexander Hamilton Recreation Center** (216) 664-4121

**Central Recreation Center** (216) 664-4241

**Clark Recreation Center (Se habla Español)** (216) 664-4657

**Cory Recreation Center** (216) 664-3389

**Cudell Fine Arts Center** (216) 664-4183

**Cudell Recreation Center** (216) 664-4137

**E.J. Kovacic Recreation Center** (216) 664-4140

**Earl B. Turner Recreation Center** (216) 420-8358

**Estabrook Recreation Center** (216) 664-4149

**Fairfax Recreation Center** (216) 664-4142

**Glenville Recreation Center** (216) 664-2516

**Gunning Park  
Recreation Center (Se habla Español)** (216) 420-7900

**Halloran Park Skating Rink** (216) 664-4187

**John F. Kennedy Recreation Center** (216) 664-2572

**Kenneth L. Johnson Recreation Center** (216) 664-4124

**Lonnie L. Burten Recreation Center** (216) 664-4139

**Michael Zone Recreation Center** (216) 664-3373

**Stella Walsh Recreation Center** (216) 664-4658

**Sterling Recreation Center** (216) 664-2573

**Thurgood Marshall Recreation Center** (216) 664-4045

**Zelma George Community Center** (216) 420-8800

**Cleveland Heights -  
Community Center** (216) 691-7373  
*clevelandheights.com*

**Cuyahoga Heights** (216) 641-7020  
*cuyahogaheights.com*

**East Cleveland - Martin Luther  
King Jr. Civic Center** (216) 851-1180

**Euclid Parks and Recreation Dept.** (216) 289-8114  
*ci.euclid.oh.us*

**Fairview Park - Recreation Dept.** (440) 356-4444  
*fairviewpark.org*

**Garfield Heights. - Dept. of Recreation** (216) 475-7272  
*garfieldhts.org*

**Gates Mills - Recreation Board** (440) 423-4405  
*gatesmillsvillage.com*

**Highland Heights - Recreation Dept.** (440) 461-2440  
*highlandhts.com*

**Independence - Recreation Dept.** (216) 524-3262  
*www.independenceohio.org*

**Lakewood City School** (216) 529-4081  
**District Community Recreation**  
**and Education Dept.**  
*[lakewoodrecreation.com](http://lakewoodrecreation.com)*

**Maple Heights Parks and Recreation Dept.** (216) 663-0552  
*[mapleheights.cuyahogacounty.us](http://mapleheights.cuyahogacounty.us)*

**Mayfield Heights -** (440) 442-2626 ext. 267  
**Dept. of Parks and Recreation**  
*[mayfieldheights.org](http://mayfieldheights.org)*

**Mayfield Village -** (440) 461-5163  
**Parks and Recreation Dept.**  
*[mayfieldvillage.com](http://mayfieldvillage.com)*

**Middleburg Heights -** (440) 234-2255  
**Community Center**  
*[middleburgheights.com](http://middleburgheights.com)*

**Newburgh Heights** (216) 641-4650

**North Olmsted** (440) 734-8200  
**Recreation Complex**  
*[north-olmsted.com](http://north-olmsted.com)*

**North Royalton - Recreation Dept.** (440) 237-5646  
*[www.northroyalton.org](http://www.northroyalton.org)*

**Oakwood Village -** (440) 232-9988 ext. 105  
**Recreation Dept.**  
*[www.oakwoodvillageoh.com](http://www.oakwoodvillageoh.com)*





**Orange Community Education and Recreation Dept.** (216) 831-8601  
*orangerec.com*

**Parma - Dept. of Parks and Recreation** (440) 885-8144  
*cityofparma-oh.gov*

**Parma Heights - Dept. of Recreation** (440) 884-9600 ext. 37  
*parmaheightsoh.gov*

**Richmond Heights - Recreation Dept.** (216) 383-6313  
*richmondheightsohio.org*

**Rocky River - Don Umerley Civic Center** (440) 895-2599  
*rrcity.com*

**Seven Hills - Community Recreation Center** (216) 524-6262  
*sevenhillsohio.org*

**Shaker Heights Community Life Dept.** (216) 491-1360  
*shakeronline.com*

**Solon Community Center** (440) 248-5747  
*solonrec.org*

**South Euclid/Lyndhurst Recreation Commission - SELREC** (216) 691-2246  
*selrec.net*

**Strongsville - Walter F. Ehrnfelt Recreation Center** (440) 580-3260  
*strongsville.org*

**University Heights - Recreation Dept.** (216) 932-7800  
*universityheights.com*

**Valley View Community Center** (216) 524-9365  
*valleyview.net*

**Walton Hills - Recreation Dept.** (440) 232-7800  
*www.waltonhillsohio.gov*

**Warrensville Heights - Dept. of Recreation and Community Services** (216) 752-3155  
*www.warrensville.k12.oh.us*

**Westlake - Dept. of Recreation** (440) 808-5700  
*www.cityofwestlake.org*

### Neighborhood Recreation Centers

**Alta House** (216) 421-1536  
12510 Mayfield Rd.  
Cleveland, Ohio 44106

**Chagrin Valley Recreation Center** (440) 247-7813  
400 E. Washington St.  
Chagrin Falls, Ohio 44022  
*chagrinrec.com*

- East Cleveland Neighborhood Center** (216) 932-3626  
2490 Lee Blvd.  
East Cleveland, Ohio 44118
- Friendly Inn Settlement House** (216) 431-7656  
2386 Unwin Rd.  
Cleveland, Ohio 44104
- Garden Valley Neighborhood House** (216) 271-5480  
7100 Kinsman Rd.  
Cleveland, Ohio 44104
- Goodrich-Gannett Neighborhood Center** (216) 432-1717  
1400 E. 55th St.  
Cleveland, Ohio 44103  
*ggnc.org*
- Harvard Community Services Center** (216) 991-8585  
18240 Harvard Ave.  
Cleveland, Ohio 44128  
*harvardcsc.org*
- Lexington-Bell Community Center** (216) 391-4100  
7724 Lexington Ave.  
Cleveland, Ohio 44103
- Merrick House** (216) 771-5077  
1050 Starkweather Ave.  
Cleveland, Ohio 44113

- Murtis Taylor Human Services System** (216) 283-4400  
13422 Kinsman Rd.  
Cleveland, Ohio 44120  
*murtistaylor.org*
- Olmsted Community Center** (440) 427-1599  
8170 Mapleway Dr.  
Olmsted Falls, Ohio 44138  
*olmstedcc.com*
- Phillis Wheatley Assn.** (216) 391-4443  
4450 Cedar Ave.  
Cleveland, Ohio 44103
- St. Martin DePorres Family Center** (216) 268-3909  
(Catholic Charities Community Services)  
1264 E. 123rd St.  
Cleveland, Ohio 44108
- University Settlement** (216) 641-8948  
4800 Broadway Ave.  
Cleveland, Ohio 44127  
*universitysettlement.net*
- West Side Community House** (216) 771-7297  
9300 Lorain Ave.  
Cleveland, Ohio 44102  
*wshouse.org*  
Se habla Español.

## Community Libraries

The following is a list of local libraries that provide books and audio-visual materials such as videos, CDs and DVDs for loan. Many libraries offer special programs, homework assistance, access to computers and the Internet and more.

**Cleveland Hts./University Hts. (216) 932-3600**

### Public Library (HPL) - Main

2345 Lee Rd.

Cleveland Hts., Ohio 44118

[heightslibrary.org](http://heightslibrary.org)

**HPL Coventry Village Branch (216) 321-3400**

1925 Coventry Rd.

Cleveland Hts., Ohio 44118

**HPL Noble Neighborhood Branch (216) 291-5665**

2800 Noble Rd.

Cleveland Hts., Ohio 44121

**HPL University Heights Branch (216) 321-4700**

13866 Cedar Rd.

University Hts., Ohio 44118

**Cleveland Public (216) 623-2800**

### Library (CPL) - Main

325 Superior Ave. NE

Cleveland, Ohio 44114

[cpl.org](http://cpl.org)

**CPL Addison Branch (216) 623-6906**

6901 Superior Ave.

Cleveland, Ohio 44103

**CPL Broadway Branch (216) 623-6913**

5417 Broadway Ave.

Cleveland, Ohio 44127

**CPL Brooklyn Branch (216) 623-6920**

3706 Pearl Rd.

Cleveland, Ohio 44109

**CPL Carnegie West Branch (216) 623-6927**

1900 Fulton Rd.

Cleveland, Ohio 44113

**CPL Collinwood Branch (216) 623-6934**

856 E. 152nd St.

Cleveland, Ohio 44110

**CPL East 131st St. Branch (216) 623-6941**

3830 E. 131st St.

Cleveland, Ohio 44120

**CPL Eastman Branch (216) 623-6955**

11602 Lorain Ave.

Cleveland, Ohio 44111

**CPL Fleet Branch (216) 623-6962**

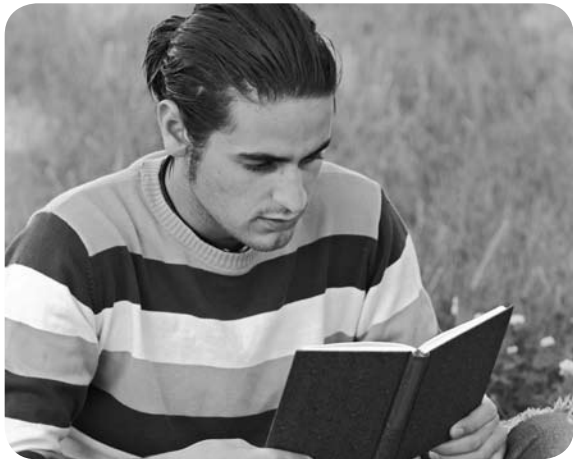
7224 Broadway Ave.

Cleveland, Ohio 44105

**CPL Fulton Branch** (216) 623-6969  
3545 Fulton Rd.  
Cleveland, Ohio 44109

**CPL Garden Valley Branch** (216) 623-6976  
7201 Kinsman Rd.  
Ste. 101, Bridgeport Place Plaza  
Cleveland, Ohio 44104

**CPL Glenville Branch** (216) 623-6983  
11900 St. Clair Ave.  
Cleveland, Ohio 44108



**CPL Harvard-Lee Branch** (216) 623-6990  
16918 Harvard Ave.  
Cleveland, Ohio 44128

**CPL Hough Branch** (216) 623-6997  
1566 Crawford Rd.  
Cleveland, Ohio 44106

**CPL Jefferson Branch** (216) 623-7004  
850 Jefferson Ave.  
Cleveland, Ohio 44113

**CPL Langston Hughes Branch** (216) 623-6975  
10200 Superior Ave.  
Cleveland, Ohio 44106

**CPL Lorain Branch** (216) 623-7011  
8216 Lorain Ave.  
Cleveland, Ohio 44102

**CPL Martin Luther King Jr. Branch** (216) 623-7018  
1962 Stokes Blvd.  
Cleveland, Ohio 44106

**CPL Memorial-Nottingham Branch** (216) 623-7039  
17109 Lakeshore Blvd.  
Cleveland, Ohio 44110

**CPL Mt. Pleasant Branch** (216) 623-7032  
14000 Kinsman Rd.  
Cleveland, Ohio 44120

<b>CPL Rice Branch</b> 2820 E. 116th St. Cleveland, Ohio 44120	<b>(216) 623-7046</b>
<b>CPL Rockport Branch</b> 4421 W. 140th St. Cleveland, Ohio 44135	<b>(216) 623-7053</b>
<b>CPL South Branch</b> 3096 Scranton Rd. Cleveland, Ohio 44113	<b>(216) 623-7060</b>
<b>CPL South Brooklyn Branch</b> 4303 Pearl Rd. Cleveland, Ohio 44109	<b>(216) 623-7067</b>
<b>CPL Sterling Branch</b> 2200 E. 30th St. Cleveland, Ohio 44115	<b>(216) 623-7074</b>
<b>CPL Union Branch</b> 3463 E. 93rd St. Cleveland, Ohio 44104	<b>(216) 623-7088</b>
<b>CPL Walz Branch</b> 7910 Detroit Ave. Cleveland, Ohio 44102	<b>(216) 623-7095</b>
<b>CPL West Park Branch</b> 3805 W. 157th St. Cleveland, Ohio 44111	<b>(216) 623-7102</b>

<b>CPL Woodland Branch</b> 5806 Woodland Ave. Cleveland, Ohio 44104	<b>(216) 623-7109</b>
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<b>Cuyahoga County Public Library (CCPL) Administrative Office</b> 2111 Snow Rd. Parma, Ohio 44134 <i>cuyahogalibrary.org</i>	<b>(216) 398-1800</b>
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<b>CCPL Bay Village Branch</b> 502 Cahoon Rd. Bay Village, Ohio 44140	<b>(440) 871-6392</b>
<b>CCPL Beachwood Branch</b> 25501 Shaker Blvd. Beachwood, Ohio 44122	<b>(216) 831-6868</b>
<b>CCPL Berea Branch</b> 7 Berea Commons Berea, Ohio 44017	<b>(440) 234-5475</b>
<b>CCPL Brecksville Branch</b> 9089 Brecksville Rd. Brecksville, Ohio 44141	<b>(440) 526-1102</b>
<b>CCPL Brook Park Branch</b> 6155 Engle Rd. Brook Park, Ohio 44142	<b>(216) 267-5250</b>

**CCPL Brooklyn Branch** (216) 398-4600  
4480 Ridge Rd.  
Brooklyn, Ohio 44144

**CCPL Chagrin Falls Branch** (440) 247-3556  
100 E. Orange St.  
Chagrin Falls, Ohio 44022

**CCPL Fairview Park Branch** (440) 333-4700  
21255 Lorain Rd.  
Fairview Park, Ohio 44126

**CCPL Garfield Hts. Branch** (216) 475-8178  
5409 Turney Rd.  
Garfield Hts., Ohio 44125

**CCPL Gates Mills Branch** (440) 423-4808  
1491 Chagrin River Rd.  
Gates Mills, Ohio 44040

**CCPL Independence Branch** (216) 447-0160  
6361 Selig Dr.  
Independence, Ohio 44131

**CCPL Maple Heights Branch** (216) 475-5000  
5225 Library Ln.  
Maple Hts., Ohio 44137

**CCPL Mayfield Branch** (440) 473-0350  
6080 Wilson Mills Rd.  
Mayfield Village, Ohio 44143

**CCPL Middleburg Heights Branch** (440) 234-3600  
15600 E. Bagley Rd.  
Middleburg Heights, Ohio 44130

**CCPL North Olmsted Branch** (440) 777-6211  
27403 Lorain Rd.  
North Olmsted, Ohio 44070

**CCPL North Royalton Branch** (440) 237-3800  
14600 State Rd.  
North Royalton, Ohio 44133

**CCPL Olmsted Falls Branch** (440) 235-1150  
7850 Main St.  
Olmsted Falls, Ohio 44138

**CCPL Orange Branch** (216) 831-4282  
31300 Chagrin Blvd.  
Pepper Pike, Ohio 44124

**CCPL Parma Hts. Branch** (440) 884-2313  
6206 Pearl Rd.  
Parma Hts., Ohio 44130

**CCPL Parma-Ridge Branch** (440) 888-4300  
5850 Ridge Rd.  
Parma, Ohio 44129

**CCPL Parma-Snow Branch** (216) 661-4240  
2121 Snow Rd.  
Parma, Ohio 44134

<b>CCPL Parma-South Branch</b> 7335 Ridge Rd. Parma, Ohio 44129	<b>(440) 885-5362</b>
<b>CCPL Richmond Branch</b> 5235 Wilson Mills Rd. Richmond Heights, Ohio 44143	<b>(440) 449-2666</b>
<b>CCPL Solon Branch</b> 34125 Portz Pkwy. Solon, Ohio 44139	<b>(440) 248-8777</b>
<b>CCPL South Euclid-Lyndhurst Branch</b> 4645 Mayfield Rd. South Euclid, Ohio 44121	<b>(216) 382-4880</b>
<b>CCPL Southeast Branch</b> 70 Columbus Rd. Bedford, Ohio 44146	<b>(440) 439-4997</b>
<b>CCPL Strongsville Branch</b> 18700 Westwood Dr. Strongsville, Ohio 44136	<b>(440) 238-5530</b>
<b>CCPL Warrensville Branch</b> 22035 Clarkwood Pkwy. Warrensville Hts., Ohio 44128	<b>(216) 464-5280</b>

<b>East Cleveland Public Library (ECPL) - Main Branch</b> 14101 Euclid Ave. E. Cleveland, Ohio 44112 <i>ecpl.lib.oh.us</i>	<b>(216) 541-4128</b>
<b>ECPL Caledonia Branch</b> 960 Caledonia Ave. Cleveland Hts., Ohio 44112	<b>(216) 268-6280</b>
<b>ECPL North Branch</b> 1425 Hayden Ave. E. Cleveland, Ohio 44112	<b>(216) 268-6283</b>
<b>Euclid Public Library</b> 631 E. 222nd St. Euclid, Ohio 44123 <i>euclidlibrary.org</i>	<b>(216) 261-5300</b>
<b>Lakewood Public Library Main Branch</b> 15425 Detroit Ave. Lakewood, OH 44107 <i>lkwdpl.org</i>	<b>(216) 226-8275</b>
<b>Madison Branch</b> 13229 Madison Ave. Lakewood, Ohio 44107	<b>(216) 228-7428</b>

**Rocky River Public Library**

1600 Hampton Rd.

Rocky River, Ohio 44116

*rrpl.org*

(440) 333-7610

**Shaker Heights Public Library**

16500 Van Aken Blvd.

Shaker Hts., Ohio 44120

*shakerlibrary.org*

(216) 991-2030

**Bertram Woods Branch**

20600 Fayette Rd.

Shaker Hts., Ohio 44122

(216) 991-2421

**Westlake Porter Public Library**

27333 Center Ridge Rd.

Westlake, Ohio 44145

*www.westlakelibrary.org*

(440) 871-2600

# health



[www.211cleveland.org/youthpages](http://www.211cleveland.org/youthpages)



# health

## General Health

Everyone has health issues that come up at some point in their lives. If you are not feeling well or have concerns about your health, you may want to see a doctor. Seeking medical care promptly is important and a much better option than guessing, especially since untreated or misdiagnosed illnesses may lead to more serious conditions. By knowing what is wrong, you can receive proper treatment and feel your best.

Remember, in case of a **medical emergency, dial 911 or go to the nearest emergency room.** For non-emergency care, some health services that are available to you are listed in the following pages. This section covers general health, dental health, screening and testing, eating disorders and health information for special conditions. The next section contains information about sexual health and pregnancy.

**In addition to the information listed in this section, you can also try the following Web sites:**

TeensHealth  
[teenshealth.org](http://teenshealth.org)

KidsHealth  
[kidshealth.org](http://kidshealth.org)

**For information about healthy eating and exercise go to:**

The President's Council on Fitness and Sports  
[fitness.gov](http://fitness.gov)  
[presidentschallenge.org](http://presidentschallenge.org)  
(take the fitness challenge!)

U.S. Dept. of Agriculture  
[nutrition.gov](http://nutrition.gov)  
[mypyramid.gov](http://mypyramid.gov) (healthy eating tips)

U.S. Dept. of Health and Human Services  
[healthierus.gov](http://healthierus.gov)  
(tips on fitness, nutrition and healthy lifestyles)

Health Clinics are places you can go to receive health care services. Clinics provide basic medical care that is either free or low cost. If you don't have health insurance and your family is low-income, you may qualify for the Healthy Families Child Health Insurance Program. **Have your parent or guardian call the Employment & Family Services Healthy Start Hotline** at (216) 987-7346.

Health services may be **anonymous** or **confidential**. It is important to understand the difference between the two terms.

The term **anonymous** refers to receiving a service without having to provide your name. You are usually given a number, and the only way to get your test results is to have that number. The only people who will know you had any services will be those you choose to tell.

The term **confidential** means that your name, age, and other important information will be taken, but will not be given out without your permission. When medical tests are involved, they are put in your medical records. A copy of these results is released to you or forwarded to others only when you sign a medical release form.

Laws concerning confidentiality and consent vary depending on how old you are and the type of treatment you need. You may need parental consent before you can receive health care services. The best thing to do is call the agency and ask. For where to go for more information about your rights and health care go to page 165.

## Screening and Testing

You may need to be screened or tested to determine if you have a health condition. Screenings are measures to determine the risk or likelihood that you have a disease or medical condition. Testing is when you take a diagnostic test. A diagnostic test is an analysis that determines with a high degree of certainty that a disease or condition may or may not be present. If you are looking for places that provide STD/HIV or pregnancy testing, turn to the Sexual Health section starting on page 105.

## Body Piercings and Tattoos

Knowledge is very important when making a decision about body piercing and tattooing. If you are under 18, you may

not legally get a body piercing or tattoo from a professional business without the consent of your parent or guardian. Also, you should consider the health risks involved before making a decision. Some of the possible risks include infection, bleeding, scarring, allergies and nerve damage.

**To learn more about health risks and laws concerning piercings and tattoos go to:**

*[kidshealth.org](http://kidshealth.org)*

*[www.odh.ohio.gov](http://www.odh.ohio.gov)*



## Eating Disorders

Eating disorders occur when a person turns away from food or uses food to cope with life stresses. They may involve eating too much or not enough. Some disorders cause you to become overly concerned about your body weight or image.

**Anorexia** nervosa and bulimia nervosa are common disorders among teens. Eating little to nothing at all, bad nutritional choices, intense fear of gaining weight and unusually excessive weight loss are typical symptoms of anorexia. The most common symptoms of **bulimia** include a cycle of excessive eating followed by abusing laxatives or forcing yourself to vomit to get the food out of your system. **Binge-eating disorder** is characterized by eating an excessive amount of food within a short period of time and by a sense of lack of control over eating during the episode. The binge eating occurs, on average, at least two days a week. With binge-eating disorder you usually do not force yourself to get rid of your food by vomiting or using laxatives.

If eating disorders go untreated, they can cause permanent damage to your body and even result in death. Therefore, it is extremely important that you get help if you feel you or someone you know might have an eating disorder.

### For more information try these Web sites:

National Eating Disorders Association  
[nationaleatingdisorders.org](http://nationaleatingdisorders.org)

Eating Disorder Referral and Information Center  
[edreferral.com](http://edreferral.com)

Overeaters Anonymous  
[oa.org](http://oa.org)

Food Addicts Anonymous  
[foodaddictsanonymous.org](http://foodaddictsanonymous.org)

National Association of Anorexia Nervosa and  
Associated Disorders  
[anad.org](http://anad.org)

**See page 100 for additional resources.**

## Special Conditions

If you or someone you are close to is dealing with an illness or disability, you may feel scared, alone and helpless ... but you aren't. Many agencies can provide information and support for persons who are dealing with or helping others manage a disease or disability such as diabetes, epilepsy, cystic fibrosis, physical disabilities and many others. Support groups offer the chance to meet with others who are experiencing similar situations. Beginning on page 100 are a few resources that can be of help. For additional resources call **United Way's 211 at 211 or (216) 436-2000, 24 hours a day, seven days a week.**



The following list contains organizations that you can go to for general health care and information.

Depending on the type of help you need, you may be able to receive service without having a parent or your legal guardian there. You should contact the agency to find out if you need to bring a parent with you or if you need to have parental consent.

### **Care Alliance**

**(216) 781-6228**

***carealliance.org***

Provides basic health care services for persons who are homeless or live in public housing in Cuyahoga County. Fees based on family income.

#### **Care Alliance at City Mission**

**(216) 781-6724**

5310 Carnegie Ave.  
Cleveland, Ohio 44103

#### **Care Alliance at King Kennedy Estates**

**(216) 923-5000**

6001 Woodland Ave.  
Cleveland, Ohio 44104

#### **Care Alliance at Riverview Estates**

**(216) 619-5571**

1795 W. 25th St.  
Cleveland, Ohio 44113

#### **Care Alliance at St. Malachi Center**

**(216) 781-6724**

2459 Washington Ave.  
Cleveland, Ohio 44113

**Care Alliance Health Center****(216) 781-6724**

1530 St. Clair Ave.  
Cleveland, Ohio 44114

**Cleveland Department  
of Public Health****(216) 664-2324**

75 Erieview Plaza  
Cleveland, Ohio 44114  
*clevelandhealth.org*

Provides medical services to residents of the City of Cleveland. Services may be provided at other locations as well as those listed. Appointment needed.

**J. Glen Smith Health Center****(216) 249-4100**

11100 Saint Clair Ave.  
Cleveland, Ohio 44108

**McCafferty Health Center****(216) 651-5005**

4242 Lorain Ave.  
Cleveland, Ohio 44108

**Fairview Hospital****(216) 941-8888****Westown Physician Center****Primary Medicine**

10654 Lorain Ave.  
Cleveland, Ohio 44111  
*fairviewhospital.org*

Provides general medical services for persons age 14 and older.

**Free Medical Clinic of  
Greater Cleveland****(216) 721-4010**

12201 Euclid Ave.  
Cleveland, Ohio 44106  
*thefreeclinic.org*

Offers free general medical care for those age 13 and older.  
Appointment needed.

**Huron Hospital -  
Outpatient Pediatrics****(216) 761-7281**

13951 Terrace Rd.  
East Cleveland, Ohio 44112  
*huronhospital.org*

Offers general health services for youth. Appointment needed.

**Lakewood Hospital  
Teen Health Center****(216) 391-8336**

15644 Madison Ave., Ste. 108  
Lakewood, Ohio 44107  
*lakewoodhospital.org*

Offers general health services. Appointment preferred.

**MetroHealth Medical Center****(216) 778-7800**

2500 MetroHealth Dr.  
Cleveland, Ohio 44109  
*www.metrohealth.org*

Provides general medical services. Appointment needed.

**MetroHealth Asia Plaza Health Care Clinic** (216) 861-4646  
2999 Payne Ave., Ste. 216  
Cleveland, Ohio 44114

**MetroHealth Broadway Health Center** (216) 957-1500  
6835 Broadway Ave.  
Cleveland, Ohio 44105

**MetroHealth Buckeye Health Center** (216) 957-4100  
2816 E. 116th St.  
Cleveland, Ohio 44120

**MetroHealth at J. Glenn Smith Health Center** (216) 249-3600  
11100 St. Clair Ave.  
Cleveland, Ohio 44108

**MetroHealth Lee-Harvard Health Center** (216) 957-1200  
4071 Lee Rd.  
Cleveland, Ohio 44128

**MetroHealth at Thomas F. McCafferty Health Center** (216) 651-3740  
4242 Lorain Ave.  
Cleveland, Ohio 44113

**Neighborhood Family Practice** (216) 281-0872  
3569 Ridge Rd.  
Cleveland, Ohio 44102  
*nfpmedcenter.org*  
Offers general medical services. Appointment needed.  
Se habla Español.

**Neighborhood Family Practice - Tremont** (216) 334-2800  
2358 Professor Ave.  
Cleveland, Ohio 44113

**North Coast Health Ministry** (216) 228-7878  
16110 Detroit Ave.  
Lakewood, Ohio 44107  
*nchealthministry.org*  
Provides free health care for uninsured, low-income families.  
Must meet income eligibility guidelines and live in service areas. Call for details.

## **Northeast Ohio Neighborhood Health Services (NEON)**

Provides general medical services.  
[www.neonhealth.org](http://www.neonhealth.org)

**NEON – Collinwood Health Center** (216) 851-1500  
15322 St. Clair Ave.  
Cleveland, Ohio 44110

**NEON – East Cleveland Health Center** (216) 541-5600  
15201 Euclid Ave.  
East Cleveland, Ohio 44112  
Se habla Español.

**NEON – Hough Health Center** (216) 231-7700  
8300 Hough Ave.  
Cleveland, Ohio 44103  
Se habla Español.

**NEON - Norwood Health Center** (216) 881-2000  
1468 E. 55th St.  
Cleveland, Ohio 44103

**NEON – Southeast Health Center** (216) 751-3100  
13301 Miles Ave.  
Cleveland, Ohio 44105

**NEON – Superior Health Center** (216) 851-2600  
12100 Superior Ave.  
Cleveland, Ohio 44106  
Se habla Español.

**University Hospitals - Otis Moss Jr. Medical Center** (216) 721-2177  
8819 Quincy Ave.  
Cleveland, Ohio 44106  
[uhhospitals.org](http://uhhospitals.org)  
Offers general medical services.

## **Dental Care**

The following organizations provide dental care.

**Case Western Reserve University School of Dentistry** (216) 368-8730  
2123 Emergency Dr.  
Cleveland, Ohio 44106  
[dental.case.edu](http://dental.case.edu)  
Offers dental care services by supervised dental students.  
Appointment needed.

**Cuyahoga Community College - Metro Campus Dental Clinic** (216) 987-4413  
2900 Community College Ave.  
Cleveland, Ohio 44115  
Provides preventative dental care such as cleanings, X-rays and sealants. Appointment needed.

**MetroHealth Medical Center** (216) 778-7800

2500 MetroHealth Dr.  
Cleveland, Ohio 44109

[www.metrohealth.org](http://www.metrohealth.org)

Provides complete dental services.

**Northeast Ohio Neighborhood  
Health Services (NEON)**

Provides complete dental services. Appointment needed.

[www.neonhealth.org](http://www.neonhealth.org)

**NEON – Collinwood Health Center** (216) 851-1500

15322 St. Clair Ave.  
Cleveland, Ohio 44110

**NEON – East Cleveland Health Center** (216) 541-5600

15201 Euclid Ave.  
East Cleveland, Ohio 44112  
Se habla Español.

**NEON – Hough Health Center** (216) 231-7700

8300 Hough Ave.  
Cleveland, Ohio 44103  
Se habla Español.

**NEON - Norwood Health Center** (216) 881-2000

1468 E. 55th St.  
Cleveland, Ohio 44103

**NEON – Southeast Health Center** (216) 751-3100

13301 Miles Ave.  
Cleveland, Ohio 44105

**NEON – Superior Health Center** (216) 851-2600

12100 Superior Ave.  
Cleveland, Ohio 44106  
Se habla Español.





## Eating Disorders

If you feel you may have an eating disorder, it is important to see a doctor. You can find a list of health care organizations beginning on page 91.

### **Overeaters Anonymous** (866) 268-2160

**P.O. Box 29087**

**Parma, Ohio 44129**

*region5oa.org*

Offers support groups for those persons with anorexia, bulimia and compulsive overeating.

## Special Conditions

The following agencies provide services such as screening, testing, information and support for specific health conditions. Screenings may also be available through a health clinic or your physician. See page 86 or the glossary for information about what it means to be screened or tested for a health condition.

### **Achievement Centers** (216) 292-9700

**for Children**

**4255 Northfield Rd.**

**Highland, Ohio 44128**

*achievementcenters.org*

Offers a variety of services such as therapy, counseling, education, recreation and support groups for children with disabilities. Services also at a location in Westlake.

### **American Sickle Cell**

**(216) 229-8600**

**Anemia Association**

**10300 Carnegie Ave.**

**Cleveland, Ohio 44106**

*ascaa.org*

Provides counseling and supportive services to persons with sickle cell anemia and their families. Offers free testing for sickle cell anemia and other related diseases. Fee for other services.

### **Cleveland Hearing and Speech Center**

**(216) 231-8787**

**11635 Euclid Ave. (address effective 12/09)**

**Cleveland, Ohio 44106**

*clevelandhearingandspeech.org*

Provides hearing screening and evaluation, hearing aids, assistive listening devices, speech/language services, and services for those who are deaf.

### **Cleveland Sight Center**

**(216) 791-8118**

**1909 E. 101st St.**

**Cleveland, Ohio 44106**

*clevelandsightcenter.org*

Provides social, rehabilitation, education and supportive services for blind and visually impaired persons. Offers free vision screenings.

## **Cystic Fibrosis Foundation**

**(216) 292-4437**

### **Northern Ohio Chapter**

4635 Richmond Rd., Ste. 103  
Warrensville Heights, Ohio 44128

*[cff.org](http://cff.org)*

Provides information about cystic fibrosis including locations of medical treatment centers.

## **Epilepsy Association of Northeast Ohio**

**(216) 579-1330**

2831 Prospect Ave.  
Cleveland, Ohio 44115

*[www.epilepsyinfo.org](http://www.epilepsyinfo.org)*

Offers comprehensive services to persons with epilepsy and their families. Provides advocacy services such as medical and school advocacy.

## **Juvenile Diabetes Research**

**(216) 524-6000**

### **Foundation Northeast Ohio Chapter**

6100 Rockside Woods Blvd., Ste. 445  
Independence, Ohio 44131

*[jdrfneo.org](http://jdrfneo.org)*

Offers information about diabetes. Provides referrals and support to those with diabetes and their families. Support groups for youths are sometimes available.



## **Northern Ohio**

**(216) 834-0051**

### **Hemophilia Foundation**

4807 Rockside Rd., Ste. #380

Independence, Ohio 44131

*nohf.org*

Provides information, referrals, counseling and supportive services for persons with any type of bleeding disorder and their families. Offers social groups and summer camp for youths with hemophilia.

## **Prevent Blindness Ohio**

**(440) 842-1284**

### **NE Ohio Chapter**

6867 Pearl Rd., Ste. 101A

Middleburg Hts., Ohio 44130

*preventblindness.org*

Provides eye exams and eyeglasses for low-income persons.

## **United Cerebral Palsy Assn.**

**(216) 791-8363**

### **of Greater Cleveland**

10011 Euclid Ave.

Cleveland, Ohio 44106

*ucpcleveland.org*

Provides a variety of services such as therapies, referrals and support for those with cerebral palsy or other neuromuscular conditions such as muscular dystrophy, spina bifida or traumatic brain injury.

# SEXUAL HEALTH



[www.211cleveland.org/youthpages](http://www.211cleveland.org/youthpages)

# SEXUAL health

Decisions about sex are not easy to make. Having sex can bring about life-changing consequences such as pregnancy or sexually transmitted diseases (STDs). Having sexual relationships involves important, serious decisions.

## Sexually Transmitted Diseases (STDs)

- STDs may also be referred to as sexually transmitted infections (STIs). Though slightly different in a literal sense, each term generally refers to the infection you can get from sexual contact with an infected person.
- If you choose to have sex, using latex condoms may reduce the risk of pregnancy and STDs.
- The only sure way to prevent pregnancy and STDs is by abstinence, which means not having sex.
- Any type of sexual contact including oral, anal or vaginal sex puts you at risk of getting an STD.
- Most STDs are spread by sexual contact, either by skin-to-skin contact or the exchange of body fluid. Sharing needles (drugs, tattooing or piercing) is another way to get an STD.

**Some STDs may not show any symptoms at all, but some of the more common symptoms may be:**

- Drip or discharge from the penis or vagina
- Pain when going to the bathroom
- Vaginal odor
- Sores, bumps or blisters near the genitals, mouth or anus

Experiencing any of these symptoms does not necessarily mean you have an STD. However, it is very important to see your doctor or visit a local clinic as soon as possible if you do experience anything unusual. Most tests are free and confidential.



## Pregnancy

There are several signs of pregnancy. Although signs can vary from woman to woman, some very typical ones are:

- Missing a period
- Experiencing a shorter and/or lighter period
- Upset stomach
- Nausea

Having these symptoms does not always mean that you are pregnant. If you have experienced any of these symptoms after being sexually active, see your doctor or visit a clinic for a pregnancy test right away. Most tests are free and confidential.

## Birth Control

In Ohio, you do not have to be a certain age to receive birth control, nor is parental consent required. Many of the agencies in this section will provide birth control following a physical.

## Abortion

Women under 18 years of age cannot receive an abortion without a legal guardian's consent. It is possible to request permission from the court if your parent or legal guardian will not give consent. Permission from the court is only granted in certain cases.

## Adoption

If you are thinking about adoption for your child, there are agencies that can help (see below).

If you are an adopted child and want to find out more about your birth parents, your adoptive parents or legal guardian must grant consent and initiate a search if you are under age 18. Once you reach age 18, you may receive assistance with your search without their consent.

For referrals to agencies offering adoption information and counseling call **211/First Call For Help at 211 or (216) 436-2000**, 24 hours, 7 days a week.

**For more information on adoption go to:**

*[adoptionnetwork.org](http://adoptionnetwork.org)*

## Safe Havens for Newborns

In Ohio, a birth parent (mother or father) may leave a newborn infant who is less than three days (72 hours) old, with any one of the following persons:

- A medical worker in any hospital
- Any officer at a law enforcement agency such as a police station
- A fire department professional

You will not have to give your name. If you choose to do so, you can provide basic health information. If the infant is left with one of the persons listed above and has not been abused or neglected, the birth parent will face no legal consequences.

### For more information on teen pregnancy and STDs go to:

[getitfacts.org](http://getitfacts.org)

[teenpregnancy.org](http://teenpregnancy.org)

[www.iwannaknow.org](http://www.iwannaknow.org) (STD information)

[plannedparenthood.org/cleveland](http://plannedparenthood.org/cleveland)

[advocatesforyouth.org](http://advocatesforyouth.org)

## Dating Violence/Abuse and Rape

For information about dating violence and abuse and rape go to page 151 and 157.

Following is a list of organizations that will be able to answer any questions you may have about sex, birth control, pregnancy and STDs. For resources that offer information and help for teen parents go to page 125.

Depending on the type of help you need, you may be able to receive service without having your parents there. You should contact the agency to find out if you need to bring a parent with you or have parental consent.

### **AIDS Taskforce of Greater Cleveland**

**(216) 621-0766**

**3210 Euclid Ave.**

**Cleveland, Ohio 44115**

***aidstaskforce.org***

Provides counseling, home-based case management and practical and personal support for people living with HIV/AIDS. Also offers free and anonymous HIV testing.

### **Alternaterm Pregnancy Services** (216) 371-4848

**2026 Lee Rd.**

**Cleveland Hts., Ohio 44118**

***alternaterm.org***

Provides free pregnancy tests and information regarding options available to pregnant teens and women. Offers information and referrals on prenatal care, maternity housing, adoption and post-abortion support as well as some needed items such as baby clothing.

**Antioch Development Corp. (216) 791-0638**

8869 Cedar Ave.

Cleveland, Ohio 44106

*antiochdevelopment.org*

**AGAPE Program:** Offers HIV/STD testing, counseling, prevention, education, support groups and spiritual counseling. Testing is free and anonymous. Must be 13 or older for testing. Appointment needed.

**Birthright of Greater Cleveland (216) 228-5998**

14701 Detroit Ave., Ste. 344

Lakewood, Ohio 44107

*birthright.org*

Offers support to pregnant women and their families to encourage women to carry their babies to term. Provides free pregnancy testing, counseling and support services as well as shelters for pregnant teens.

**Birthright of Greater Cleveland - East (216) 486-2800**

960 E. 185th St.

Cleveland, Ohio 44119

**Birthright of Greater Cleveland - Parma (216) 661-6400**

5451 Broadview Rd.

Parma, Ohio 44134

**Care Alliance**

*www.carealliance.org*

Provides pregnancy testing and other health care services, mainly for persons who are homeless or live in public housing in Cuyahoga County.

**Care Alliance at City Mission (216) 781-6724**

5310 Carnegie Ave.

Cleveland, Ohio 44103

**Care Alliance at King Kennedy Estates (216) 923-5000**

6001 Woodland Ave.

Cleveland, Ohio 44104

**Care Alliance at Riverview Estates (216) 619-5571**

1795 W. 25th St.

Cleveland, Ohio 44113

**Care Alliance at St. Malachi Center (216) 781-6724**

2459 Washington Ave.

Cleveland, Ohio 44113

**Care Alliance Health Center (216) 781-6724**

1530 St. Clair Ave.

Cleveland, Ohio 44114

## **Cleveland Department of Public Health**

*clevelandhealth.org*

Provides pregnancy testing as well as HIV and STD testing, treatment and counseling for residents of Cleveland. Service is by appointment or walk-in. Phone for hours. Some testing is free.

**J. Glen Smith Health Center** (216) 249-4100

11100 St. Clair Ave.  
Cleveland, Ohio 44108

**McCafferty Health Center** (216) 651-5005

4242 Lorain Ave.  
Cleveland, Ohio 44113

**Cleveland Pregnancy Center** (440) 243-2520

50 N. Rocky River Dr.

Berea, Ohio 44017

*clevelandpregnancyhelp.org*

Assists teens in carrying their babies to term by providing emotional support and practical assistance. Offers free pregnancy tests, peer counseling, childbirth preparation, baby clothing, support groups and parenting education for parents, parents-to-be and teens with post-abortion issues.

**Cleveland Pregnancy Center -** (216) 631-0964

**Cleveland Site**

2038 W. 29th St.  
Cleveland, Ohio 44113





**Cleveland Treatment Center  
at Carl B. Stokes Social  
Services Mall**

**(216) 991-7233**

6001 Woodland Ave., Ste. 2121  
Cleveland, Ohio 44104  
[clevelandtreatmentcenter.org](http://clevelandtreatmentcenter.org)

**Project Safe:** Provides free, anonymous and confidential HIV testing for persons age 13 and older. Also provides counseling, information and referrals.

**Cornerstone Among Women**

**(440) 356-5565**

20340 Center Ridge Rd.  
Rocky River, Ohio 44116  
[cornerstoneamongwomen.org](http://cornerstoneamongwomen.org)

Offers pregnancy and post-abortion counseling from a Christian perspective. Provides free pregnancy testing.

**Fairview Hospital Westown  
Physician Center Primary Medicine**

**(216) 941-8888**

10654 Lorain Ave.  
Cleveland, Ohio 44111  
[fairviewhospital.org](http://fairviewhospital.org)

Provides pregnancy testing, HIV testing, STD testing and treatment, birth control and general health care for persons age 14 and older.

**Faith Baptist Community Center**

**(216) 881-8816**

2355 E. 55th St.  
Cleveland, Ohio 44104  
[freehope.org](http://freehope.org)

**Faith Baptist Pregnancy Clinic:** Provides free pregnancy counseling and pregnancy testing.

**Free Medical Clinic  
of Greater Cleveland**

**(216) 721-4010**

12201 Euclid Ave.  
Cleveland, Ohio 44106  
[thefreeclinic.org](http://thefreeclinic.org)

Offers free STD and HIV testing and treatment, pregnancy testing, birth control and other health care services for those age 13 and older.

**Hispanic Urban Minority  
Alcoholism and Drug Abuse**

**(216) 459-1222**

**Outreach Program  
(HUMADAOP)**

3305 W. 25th St.  
Cleveland, Ohio 44109  
[hispanicumadaop.com](http://hispanicumadaop.com)

Offers anonymous HIV testing and counseling as well as HIV information and prevention education for youths 13 and older. Appointment needed. Se habla Español.

**Lakewood Hospital****(216) 391-8336****Teen Health Center**

15644 Madison Ave., Ste. 108

Lakewood, Ohio 44107

*lakewoodhospital.org*

Provides STD testing, pregnancy testing and other health care services.

**LGBT Community Center****(216) 651-5428****of Greater Cleveland**

6600 Detroit Ave.

Cleveland, Ohio 44102

*lgcsc.org*

Offers free HIV testing and counseling for persons age 14 and older.

**LGBT - Metro Youth Outreach****(888) 429-8761**

Provides free HIV testing as well as other medical services for those age 14-24 who are homeless. Service offered by mobile van at two locations.

**March of Dimes Birth****(216) 643-3330****Defects Foundation**

5425 Warner Rd., Ste.10

Cleveland, Ohio 44125

*marchofdimes.com/ohio*

**Stork's Nest:** Offers prenatal health education for pregnant women. By attending classes, women earn points that can be exchanged for donated baby clothing.



**MetroHealth** (216) 778-7800

**Medical Center**

[www.metrohealth.org](http://www.metrohealth.org)

Provides pregnancy testing, birth control, prenatal care, STD testing and treatment and other health care. Offers free and confidential HIV testing for persons age 13 and older. Appointment needed.

**MetroHealth Asia** (216) 861-4646

**Plaza Health Care Clinic**

2999 Payne Ave., Ste. 216  
Cleveland, Ohio 44114

**MetroHealth Broadway Health Center** (216) 957-1500

6835 Broadway Ave.  
Cleveland, Ohio 44105

**MetroHealth Buckeye Health Center** (216) 957-4150

2816 E. 116th St.  
Cleveland, Ohio 44120

**MetroHealth at** (216) 249-3600

**J. Glen Smith Health Center**

11100 St. Clair Ave.  
Cleveland, Ohio 44108

**MetroHealth at** (216) 957-1200

**Lee-Harvard Health Center**

4071 Lee Rd., Ste. 260  
Cleveland, Ohio 44128

**MetroHealth at** (216) 651-3740

**Thomas F. McCafferty Health Center**

4242 Lorain Ave.  
Cleveland, Ohio 44113

**Neighborhood Family Practice** (216) 281-0872

**3569 Ridge Rd.**

**Cleveland, Ohio 44102**

[nfpmedcenter.org](http://nfpmedcenter.org)

Provides STD testing and treatment, HIV testing, pregnancy testing, birth control, prenatal care and other health services. Appointment needed. Se habla Español.

**Northeast Ohio Neighborhood Health Services (NEON)**

Provides STD testing and treatment, HIV testing, pregnancy testing, pregnancy counseling, birth control, prenatal care and other health care services. No prenatal care or pregnancy counseling at the Collinwood site. Appointment needed.

[www.neonhealth.org](http://www.neonhealth.org)

**NEON - Collinwood Health Center** (216) 851-1500

15322 St. Clair Ave.  
Cleveland, Ohio 44110

**NEON - East Cleveland Health Center** (216) 541-5600

15201 Euclid Ave.  
East Cleveland, Ohio 44112  
Se habla Español.

**NEON - Hough Health Center** (216) 231-7700  
8300 Hough Ave.  
Cleveland, Ohio 44103  
Se habla Español.

**NEON - Norwood Health Center** (216) 881-2000  
1468 E. 55th St.  
Cleveland, Ohio 44103

**NEON - Southeast Health Center** (216) 751-3100  
13301 Miles Ave.  
Cleveland, Ohio 44105

**NEON - Superior Health Clinic** (216) 851-2600  
12100 Superior Ave.  
Cleveland, Ohio 44106  
Se habla Español.

**Planned Parenthood of  
Northeast Ohio - Cleveland Office** (216) 961-8804  
3500 Lorain Ave., Ste. 400  
Cleveland, Ohio 44113  
*ppneo.org*

Provides confidential reproductive health care to women and men, including birth control, emergency contraception, pregnancy testing and counseling, surgical and medication abortions, STD testing and treatment and HIV testing.

**Planned Parenthood - Bedford** (440) 232-5040  
19550 Rockside Rd.  
Cleveland, Ohio 44146

**Planned Parenthood - East Cleveland** (216) 851-8108  
1835 Forest Hills Blvd.  
East Cleveland, Ohio 44112

**Planned Parenthood - Old Brooklyn** (216) 661-1545  
3311 Broadview Rd.  
Cleveland, Ohio 44109

**Planned Parenthood - Rocky River** (440) 333-1020  
20800 Center Ridge Rd., Ste. 101  
Rocky River, Ohio 44116

**Planned Parenthood - Shaker** (216) ) 421-8076  
11811 Shaker Blvd., Ste. 201  
Cleveland, Ohio 44120

**Preterm** (216) 991-4000  
12000 Shaker Blvd.  
Cleveland, Ohio 44120  
*preterm.org*

Offers pregnancy counseling and performs both surgical and medication (by pill) abortions.

**University Hospitals John T. Carey (216) 844-7890**  
**Special Immunology Unit**

2061 Cornell Ave.  
Cleveland, Ohio 44106  
*uhhospitals.org*

Provides primary care and treatment to individuals who are HIV positive. Offers free and anonymous HIV testing. Appointment needed, except walk-in for HIV testing. Phone for hours.

**University Hospitals - (216) 844-3896**  
**Women's Health Center**

11100 Euclid Ave.  
Cleveland, Ohio 44106  
*uhhospitals.org*

Provides birth control, STD testing, pregnancy testing, pregnancy counseling and prenatal care for women. Offers prenatal and childbirth classes specifically for teens. Appointment needed.

**Womankind Maternal (216) 662-5700**  
**and Prenatal Care Center**

5400 Transportation Blvd. #10  
Garfield Hts., Ohio 44125  
*womankindcleveland.com*

Offers pregnancy testing, pregnancy counseling and prenatal medical care. All services are free and confidential.

# RESOURCES FOR TEEN FATHERS AND MOTHERS



# RESOURCES FOR TEEN FATHERS AND MOTHERS

Parenting a baby can be a difficult and challenging situation for anyone, even more so for teenagers. Both teen mothers and fathers may have questions about what rights and responsibilities they have as a parent and what it takes to be a good parent.

Many teen fathers want to be involved in their children's lives, but many stray from their parenting responsibilities due to fear, uncertainty, legal issues, family problems and lack of finances. A number of programs in the community understand the specific needs and concerns of fathers and offer various services to help and support them.

**For more information about teen parenting and parenting in general go to:**

***parenting.org***

***neofathering.net***

(information for fathers and families)

Below is a list of agencies that may be able to help both teen mothers and fathers in areas such as child development, nutrition, discipline, safety, effective parenting, financial planning, free childcare, child support issues, moral support and more. For additional resources that may provide legal information and assistance regarding your rights and responsibilities as a parent, go to page 173.

**Alternaterm Pregnancy Services (216) 371-4848**

2026 Lee Rd.

Cleveland Hts., Ohio 44118

***alternaterm.org***

**Dads Matter:** Provides counseling, information, and support from a faith-based, pro-life perspective to new and expecting fathers.

**Beech Brook Family**

**(216) 391-4069**

**Drop-in Center**

6001 Woodland Ave., Rm. 2260

Cleveland, Ohio 44104

***beechbrook.org***

Offers parenting information and resources.

**Bellflower Center for  
Prevention of Child Abuse** (216) 229-8800  
24-hour Family Helpline  
11811 Shaker Blvd., Ste. 220  
Cleveland, Ohio 44120

[www.bellflowercenter.org](http://www.bellflowercenter.org)

Offers a program for teen mothers that provides support and education during pregnancy and deals with parenting issues after pregnancy. Answers questions on parenting and child development through a 24-hour anonymous helpline.

**Berea Children's Home and  
Family Services – Community  
and Family Services** (440) 260-6404  
2121 E. 32nd St.

Cleveland, Ohio 44115

[www.bchfs.org](http://www.bchfs.org)

**New Beginnings:** Helps parents and parents-to-be under age 19 understand pregnancy, prepare for childbirth and learn how to take care of a newborn. May include home visits. Family members are encouraged to attend with parents.

**Birthright of Greater Cleveland** (216) 228-5998  
14701 Detroit Ave., Ste. 344  
Lakewood, Ohio 44107

[birthright.org](http://birthright.org)

Provides support to pregnant women and their families, encouraging women to carry their babies to term.

Arranges shelter for pregnant women who are unable to remain in their own homes. All services are free and confidential.

**Birthright of Greater Cleveland - East** (216) 486-2800  
960 E. 185th St.  
Cleveland, Ohio 44119

**Birthright of Greater Cleveland - Parma** (216) 661-6400  
5451 Broadview Rd.  
Parma, Ohio 44134

## Boot Camp for New Dads

[bcnd.org](http://bcnd.org)

Provides childbirth and infant care education for fathers-to-be. Held at the following hospitals. Call to register.

<b>Fairview Hospital</b>	(440) 356-0347
<b>Hillcrest Hospital</b>	(440) 312-4647
<b>Huron Hospital</b>	(440) 312-4647
<b>Lakewood Hospital</b>	(440) 356-0347
<b>Marymount Hospital</b>	(216) 650-0553
<b>MetroHealth Medical Center</b>	(216) 778-3381
<b>Southwest General Health Center</b>	(440) 816-8036
<b>University Hospitals Case Medical Center</b>	(216) 844-4000

**Catholic Charities Community Services of Cuyahoga County** (216) 687-0000 ext. 11

**DePaul Family Center**

2320 E. 24th St.

Cleveland, Ohio 44115

[clevelandcatholiccharities.org](http://clevelandcatholiccharities.org)

**Young Parent Program:** Provides formal education for students, 12-18, who are pregnant. Includes well baby care and nutrition classes.

**Church of God and** (216) 391-2167

**True Holiness**

7710 Euclid Ave.

Cleveland, Ohio 44103

**Community of Fathers and Families Chapter 1:** Provides a class in parenting, anger management and domestic violence for persons age 16 and older, mainly men.

**Cleveland Department** (216) 664-4194

**of Public Health**

75 Erieview Plaza

Cleveland, Ohio 44114

[clevelandhealth.org](http://clevelandhealth.org)

**MomsFirst:** Helps pregnant women get care for themselves and their baby. Must reside in the City of Cleveland and meet eligibility criteria. Se habla Español.

**Cleveland Pregnancy Center** (440) 243-2520

50 N. Rocky River Dr.

Berea, Ohio 44017

[clevelandpregnancyhelp.org](http://clevelandpregnancyhelp.org)

Provides support and assistance to pregnant and parenting women and families. Offers pregnancy tests, peer counseling, childbirth preparation, parenting education and support groups.

**Cleveland Pregnancy Center -** (216) 631-0964

**Cleveland Site**

2038 W. 29th St.

Cleveland, Ohio 44113

**Continue Life** (216) 383-1984

17917 Euclid Ave.

Cleveland, Ohio 44112

[continuelife.org](http://continuelife.org)

Provides housing with supportive services to homeless, pregnant and/or parenting females 16 years of age and older. Those under 18 must be in county custody.



## **Cornerstone Among Women**

20340 Center Ridge Rd.

Rocky River, Ohio 44106

[cornerstoneamongwomen.org](http://cornerstoneamongwomen.org)

Provides faith-based parenting classes and information and education on women's health issues, sexuality and abstinence.

**(440) 356-5565**

## **Council for Economic Opportunities in Greater Cleveland (CEOGC)**

1228 Euclid Ave.

Cleveland, Ohio 44115

[ceogc.org](http://ceogc.org)

### **Babies and Moms Support (BAMS):**

Provides support and assistance for mothers and their babies. A trained "sister-friend" may accompany client to appointments, instruct her in child care, or just spend time with her in her home. Offers participants weekly parenting and nutrition classes at one of the neighborhood opportunity centers in Cleveland.

**(216) 696-9077**



## **Council for Economic Opportunities in Greater Cleveland (CEOGC)**

### **Head Start Center**

14209 Euclid Ave.

East Cleveland, Ohio 44112

[ceogc.org](http://ceogc.org)

**Early Head Start:** Provides case management for pregnant women, infant care and parenting education. Must meet eligibility requirements for residency and income.

**(216) 541-7878**

## **Cuyahoga County Employment & Family Services Virgil Brown Neighborhood Family Service Center**

1641 Payne Ave.

Cleveland, Ohio 44114

[healthystart.cuyahogacounty.us](http://healthystart.cuyahogacounty.us)

**The Healthy Start Child Health Insurance Program:** Provides health insurance through a managed care plan for children and pregnant women in low-income families. Must meet all eligibility guidelines. Se habla Español.

**(216) 987-7346**

**Cuyahoga Support Enforcement Agency (CSEA)** (216) 443-5100

1640 Superior Ave.

Cleveland, Ohio 44114

[csea.cuyahogacounty.us](http://csea.cuyahogacounty.us)

Assists with child support issues including paternity establishment, support order establishment, collections on child support and enforcement of child support orders. If under age 18, must be accompanied by a parent or legal guardian to receive service.

**Faith Baptist Community Center** (216) 881-8816

2355 E. 55th St.

Cleveland, Ohio 44104

[freehope.org](http://freehope.org)

**Earn and Learn:** Provides a variety of classes and workshops about parenting and life skills for mothers of new infants. By attending, participants can earn new baby clothes and necessities.

**Family Connections** (216) 921-2023

19824 Sussex Rd.

Shaker Hts., Ohio 44122

[familyconnections1.org](http://familyconnections1.org)

Offers educational, social and recreational activities for families with children up to five years old.

**GRADS - Graduation, Reality, and Dual-Role Skills**

Offers an in-school program, through the Ohio Department of Education, which seeks to keep pregnant and parenting teens in school by offering instruction, intervention and support. Age requirements vary by site, but mainly serves ages 13-21. Must attend a school where there is a program.

**Cleveland Heights-University Heights City School District** (216) 320-3229

**Cleveland Metropolitan School District** (216) 851-3355

**Euclid City School District** (216) 797-7846

**Maple Heights City School District** (216) 587-3200 x1146

**Polaris Career Center** (440) 891-7648

Serves students who reside in Berea, Brooklyn, Brook Park, Fairview Park, Middleburg Heights, North Olmsted, Olmsted Township and Strongsville.

**Warrensville Heights School District** (216) 295-7710

## Heights Parent Center

(216) 321-0079

14780 Superior Rd.  
Cleveland Hts., Ohio 44118

[heightsparentcenter.org](http://heightsparentcenter.org)

Offers parenting and discussion groups, support groups, parenting resources, a toy lending library and drop-in play time for parents and their young children.

## Help Me Grow of Cuyahoga County

(216) 736-4300

2421 Community College Ave.  
Cleveland, Ohio 44115

[helpmegrow.org](http://helpmegrow.org)

Provides ongoing home visits to eligible mothers and families, mainly those who are low income. Offers developmental evaluations and linkages to early intervention services for children with developmental delays or disabilities and provides information to families with young children.



## MetroHealth Center for Community Health - WIC Administrative Office

(216) 961-2233

3571 Ridge Rd.  
Cleveland, Ohio 44102

[www.metrohealth.org](http://www.metrohealth.org)

### Cuyahoga County WIC (Women, Infants and Children):

Provides food, nutrition education, special supplemental foods, support and referral services for pregnant, breast-feeding and postpartum women and infants and children up to age five who meet income guidelines. Services provided at locations throughout Cuyahoga County.

## Northern Ohio Recovery Assn. (216) 391-6672

3746 Prospect Ave.  
Cleveland, Ohio 44115

[norainc.org](http://norainc.org)

**Children First:** Offers support for pregnant and parenting teens. Provides home visits, information, referrals and life skills education.

## Passages

(216) 881-6776

3631 Perkins Ave., Ste. 4E  
Cleveland, Ohio 44114

[passages-oh.org](http://passages-oh.org)

Provides services for offenders and their families. Offers an overnight camp for fathers and their sons.

**Starting Point for Child  
Care and Early Education**

**(216) 575-0061**

2000 E. 9th St.  
Cleveland, Ohio 44115  
*starting-point.org*

Provides free referrals to child care services. Se habla Español.

**United Hearts Life  
Mission Center**

**(216) 459-9839**

3339 Broadview Rd.  
Cleveland, Ohio 44109

Provides maternity clothes, formula and, occasionally, other baby items to single parents. Se habla Español.

**University Settlement  
Family Resource Center**

**(216) 441-2907  
ext. 228**

4909 Mead Ave.  
Cleveland, Ohio 44127  
*universitysettlement.net*

**Healthy Fathering Initiative:** Offers a support group for fathers and their children ages four through 13. Provides support, discussions on parenting issues, field trips and light meals.

# when parents don't live with you



when parents don't live with you

[www.211cleveland.org/youthpages](http://www.211cleveland.org/youthpages)

# When Parents Don't Live with You

There are lots of reasons why your parents may not be able to live with you. Sometimes parents just can't provide the proper care for you. They could be very sick and need to be in the hospital or may be in a treatment center for alcohol or drug abuse. Maybe your parents are divorced or separated. It could be that your parent is incarcerated (in prison or jail).

## Living with Other Relatives or Foster Parents

If you do not live with your parents, you may have to live with another relative such as a grandparent, sibling, aunt or uncle or a foster parent. A foster parent is someone who is assigned by the court to be your legal guardian temporarily. Foster parents take care of you and provide you with a safe place to live. Because you are living without your parents now does not mean that you will always live without them. Many times you will be able to live with your parent or parents again.

Living without your parents can be difficult. Talking to your parents or others you trust can help you understand and accept the situation and deal with your feelings.

The agencies listed in this section may be able to help you. You can also go to page 19 for a list of places that provide counselors.

## Parents in Prison

If you have a parent who is incarcerated (in prison or jail), you are not alone. Thousands of youth are experiencing the same thing. It is not your fault. You may feel shame, embarrassment, anger or fear. You may also miss your parent very much, and want to be in touch with him or her more than you are able. Even though your needs may conflict with the law regarding your parent, they are just as important.

If you are under 18 years old and you want to visit your parent in prison or jail, you will have to have consent from your parent who has custody of you or your legal guardian. You will also have to be accompanied by an adult, in most cases a parent or legal guardian.

When your parent is in prison or jail you may have concerns such as will you be taken care of, will you be able to see your parent, will you be involved in decisions made concerning where you will live and will you be blamed or judged for your parent being in prison.

You may feel sad, angry, confused or blame yourself for what is happening. It's important that you talk to someone you can trust, like a relative, a teacher, a minister, or a counselor. Some of the resources listed in this section may be able to help you. You can also go to page 19 for a list of places that provide counselors that you can talk to.

If your parent is leaving prison or jail, there is a guide to help them prepare for release. Go to [211cleveland.org](http://211cleveland.org)

to download a copy of “Going Home to Stay.” (Click on [Publications](#))

Mentors are people who spend time with you and offer you support and guidance. Some of the resources in this section offer mentors for those whose parent is in prison or jail. For other places that offer mentors look at the resources starting on page 43.

**For more information go to:**

***fcnetwork.org***

(information for children and families of those who are incarcerated)

***kidshealth.org***

(information on lots of topics including kids and foster care, living with grandparents and divorce)

***www.drc.ohio.gov***

(Ohio Department of Rehabilitation and Correction)

The following resources offer services for youths who have a parent in prison, are living with a foster family, or are living with a relative other than their parents.

**Adoption Network Cleveland (216) 325-1000**

**4614 Prospect Ave.**

**Cleveland, Ohio 44103**

***adoptionnetwork.org***

Offers support and programs for children and families impacted by adoption and foster care.

**Antioch Baptist Church**

**(216) 421-1516**

**8869 Cedar Ave.**

**Cleveland, Ohio 44106**

***antiochcleveland.org***

Provides a support group for those coming out of prison, their families and friends.

**Bellefaire JCB**

**(216) 320-8935**

**22001 Fairmount Blvd.**

**Shaker Heights, Ohio 44118**

***bellefairejcb.org***

**Teens2Homes:** Provides support to teens who are in foster care, adopted or raised by relatives other than their parents.

**Cleveland Eastside**

**(216) 426-9012**

**Ex-Offender Coalition**

**3030 Euclid Ave.**

**Cleveland, Ohio 44115**

***clevelandeastside.org***

Offers mentoring to the friends, families, and loved ones of those in prison. Provides a video visitation program to help keep incarcerated individuals in touch with their friends and families.

**Cuyahoga County Dept. of  
Children and Family Services** (216) 431-4500  
3955 Euclid Ave.  
Cleveland, Ohio 44115  
*cfs.cuyahogacounty.us*  
Provides supportive services to youths who are in county custody.

**Fairhill Partners** (216) 421-1350  
12200 Fairhill Rd.  
Cleveland, Ohio 44120  
*fairhillcenter.org*  
Offers a support group, teen leadership programs and internships for those age 12-18 who are being cared for by a relative other than their birth parents.

**Gospel House Prison Ministry** (440) 439-6555  
14707 Alexander Rd.  
Walton Hills, Ohio 44146  
*thegospelhouse.com*  
Provides Christian-oriented counseling to the families of those who are in prison.

**Passages** (216) 881-6776  
3631 Perkins Ave., Ste. 4E  
Cleveland, Ohio 44114  
*passages-oh.org*  
Provides transportation for families to visit their relatives that are in certain correctional institutions in Ohio. Fees are based on a sliding scale.

**Prison Fellowship  
Ministries of Ohio** (440) 734-9270  
P.O. Box 544  
North Olmsted, Ohio 44070  
*pfm.org*  
Provides a Christian-oriented mentoring program and summer residential camp for youths whose parent is in prison. Offers counseling and information about services available to the families of inmates.

**YWCA of Cleveland** (216) 881-6878  
4019 Prospect Ave.  
Cleveland, Ohio 44103  
*ywca.org/cleveland*  
**NIA – Nurturing Independence & Aspirations:** Provides basic life skills such as GED instruction, budgeting, job readiness and parenting instruction for young women who will be transitioning out of the Cuyahoga County foster care system.

## talking to your parents and other adults

- Let them know that there is something you want to discuss.
- Pick a time when they are less busy and less stressed.
- Plan ahead what you are going to say. Practice or write it down as it will help organize your thoughts.
- Listen to what they have to say. Active, respectful listening is sometimes just as hard as talking.
- Don't interrupt. Ask them respectfully to listen to you, too.
- Avoid putting down their ideas. Think about what they have said before responding, even if you disagree.
- Express your thoughts and opinions. Use "I" statements. "I think..." "I feel ..."
- Stay cool.
- Don't yell. You can't have a thoughtful conversation if you don't listen and don't remain calm.

**You can also use the tips listed above to help you communicate with your friends. Remember that it is acceptable to disagree and to say "no" to your friends. Your friends should respect your right to refuse to do something and your opinions and differences. Your friendships should be a positive experience in your life, not an extra stress.**

# violence





# violence

## Anger

Most anger is the result of your emotions such as fear or sadness and other stresses in your life. To deal with anger you must recognize it. Does your jaw clench? Does your face turn red? Do you feel that you want to hurt someone or something? Learn to recognize your own signs of anger. Once you have determined that you are angry, try to identify ways to manage the situation; is there another side to the issue? Are there more constructive ways of managing the matter that produce better outcomes? Will it be important a month or a year from now? Sometimes just stopping what you are doing, taking yourself out of the situation and thinking about it defuses the anger you are feeling. Once you have thought about managing your anger, deal with the situation calmly and positively.

## Family Violence/Abuse

Violence in the home is a serious issue. You may be the witness to violence or you may be the victim. Family violence can lead to physical injury, poor mental health and even death. There are many youths who are physically, mentally or sexually abused. Young people affected by this abuse are more at risk to enter into violent relationships, drop out of school, abuse alcohol and drugs or cause violence themselves. If you are suffering from abuse, there are a number

of agencies that will help you. Remember, there are people in your community who know how to help you and want to help you.

## Gangs

Many of the gangs in Cleveland are formed around a particular neighborhood and focus on “protecting” that neighborhood. Young people often join gangs because they want to belong to a group and receive recognition. Gangs can be dangerous, especially those that commit serious crimes. Your personal identity is often taken away. Gangs change the focus from what is good for you to what is good for the gang. Those involved in gangs can find themselves getting deeper and deeper into criminal behavior. The best thing to do is stay out of gangs. But if you’re in a gang and need help getting out or if you’re having trouble with a gang, talk to your parents, a teacher or counselor at your school or contact the police.

## School Violence

Although many recent incidents of school violence have been reported in the media, in fact, schools remain very safe places. School violence generally takes place in the form of sexual harassment or harassment due to race, religion or sexual orientation. If you are afraid of attending school due to violent threats, talk to a trusted adult immediately. You also can make an anonymous report of any violence, theft,

drug or alcohol abuse, sexual harassment, or weapons (or the threat of any bad/violent activity) in schools. **See Hotlines and Helplines on page 6.**

## Bullying

Bullying occurs when a person or group repeatedly tries to harm someone. It can take place in the form of hitting, teasing, name-calling, spreading rumors, threatening, stealing personal property or making sexual remarks. It is a form of violence. If you are being bullied, there are some things you can do:

- Talk to your parents or an adult you trust such as a teacher or guidance counselor.
- Do not blame yourself. Remember, you are the victim in this situation. No one deserves to be bullied or harassed.
- Stay calm and act confident. Do not resort to violence. If bullies know they are not getting to you, they may stop.

**For more information about bullying and crime prevention go to:**

***[stopbullyingnow.hrsa.gov](http://stopbullyingnow.hrsa.gov)***

## Dating Violence

Violence can occur in a relationship when one person tries to have power or control over the other person. It can be physical, emotional, verbal or financial in nature.

Knowing the warning signs of dating violence can help you make good decisions about who you go out with.

Some warning signs that the person you are dating may become violent or abusive:

- Jealous, controlling, blaming or possessive behavior
- Loses their temper or shows extreme anger
- Threatens you or others
- Puts you down, especially in front of others
- Wants to make all the decisions
- Tries to stop you from spending time with your family or friends
- Monitors you: calls or text messages constantly to check up on you
- Hurts you physically (hits, shoves, etc.)

All relationships may be difficult at times, but understanding what violent or abusive behavior is can help you decide whether this is just a difficult time or your relationship is truly unhealthy. When you are considering a new relationship, be very selective and trust your instincts. Every person deserves to be treated with respect.

For more information about preventing and dealing with violence, especially violence among teens such as bullying, dating violence and gangs, go to:

[safeyouth.org](http://safeyouth.org)

[ncpc.org](http://ncpc.org) (National Crime Prevention Council)

[loveisrespect.org](http://loveisrespect.org) (information about dating violence/abuse)

[domesticviolencecenter.org](http://domesticviolencecenter.org)

## Rape

### What is rape?

Rape is the forced penetration of the vagina, anus or mouth by an object, penis or other body part when the person has not given their consent to do so. **Consent** is freely choosing to do something when you feel just as free to say “no.” When someone uses physical force, emotional or physical threat or other types of intimidation to encourage you to do something, that is called **coercion** and it is wrong. Coercion takes away your ability to freely say “no.”

- Rape is a crime of violence and power.
- Most people who are raped are raped by someone they know.
- Rape is not the victim’s fault.
- If you are using alcohol or drugs, your consent may not be given freely.

### Tips to Keep Yourself Safer

- **Remain in control.** Stay sober and in control of your senses and yourself. If you are in a new environment, be extra cautious of your surroundings.
- **Stay with a friend you trust.** Travel in pairs and look out for each other.
- **Watch your drinks.** Do not take an open beverage from anybody or leave your beverage unattended. Someone can place a drug into your beverage that can make you confused or cause memory loss. These “date rape” drugs are colorless, odorless and tasteless.
- **Communicate assertively.** Be definite when you refuse. Talk to your girlfriend/boyfriend. Do not assume that what you want is what they want. Do not be afraid to say NO firmly and assertively.
- **Trust your feelings.** If you have stopped seeing someone you really do not like or whom you do not feel good about, do not be alone with that person. Recognize your fears and listen to your inner voice.
- **Take a self-defense class.** Classes in self-defense can make you feel safer and more confident.
- If possible, **carry a cell phone.**

## When Confronted by an Attacker

- **Stay calm.** Do NOT panic. Check out the area. Where is the nearest place to go for help?
- **Try to escape.** Always work to get away. Yell for help, punch, kick and try to run.
- **Talk to the attacker.** Do not argue, but try to speak to your attacker. Reason with him or her.
- **Take mental notes.** If you cannot get away, your priority is to survive. Take mental notes about the surroundings, the attacker's clothing and appearance. Leave something of yours where the attack took place.

## What Should You Do if You've Been Raped?

- **Insure your safety first.** Go to a safe place and call 911 or someone you trust to help you.
- **Seek medical attention.** However, before seeking medical care, DO NOT wash or shower, use the bathroom, brush your teeth or use mouthwash, although you may want to. Even if you think you are not hurt, you might be. You may have been exposed to a Sexually Transmitted Disease (STD) or have become pregnant. Go to the nearest hospital emergency room and tell them you have been raped and need to be examined. If possible, go to the emergency room at Fairview, Hillcrest, Huron or Marymount Hospitals. They have SANE Units with nurses who are specially trained to care for those who have experienced rape or sexual assault.

- By law the hospital must notify the police that a rape has occurred, but you do not have to speak to the police at that time nor do you have to file a report. A hospital advocate from **Cleveland Rape Crisis Center** can come to be with you during your exam. Ask the hospital to call them and request a hospital advocate.
- **Don't blame yourself.** It was not your fault. The only person responsible is the person who forced himself or herself upon you.
- **Talk to someone.** Seek emotional support by calling the **Cleveland Rape Crisis Center's** 24-hour anonymous hotline at **(216) 619-6192**. Talk to someone who you trust and who will be supportive, such as a friend or family member.
- **Take time to heal.** Stay involved with a support system. You may have many different types of feelings from time to time...it is a process and you will heal, but you must be patient with yourself; some people heal more quickly than others.

### For more information about rape:

Cleveland Rape Crisis Center

***clevelandrapecrisis.org***

Rape, Abuse and Incest National Network

***rainn.org***



## **Relationships**

### **Signs of a Healthy Relationship**

- Accepts the other partner's friends and family without jealousy.
- Allows for growth and change without one or the other partner being threatened.
- Allows for each partner's individuality.
- Does not attempt to control or change the other partner.
- Encourages self-sufficiency in each partner.
- Encourages high self-esteem in each partner.
- Trusts partner.

### **Signs of an Unhealthy Relationship**

- Is jealous and possessive of you.
- Tries to control you by being bossy, giving orders, making all the decisions.
- Threatens you.
- Blames you when he/she mistreats you.
- Pressures you for sex.
- Is violent. Has a history of fighting.

The following organizations offer assistance with preventing or dealing with violence.

**Applewood Centers** (216) 459-9827

2525 E. 22nd St. Intake

Cleveland, Ohio 44115

[applewoodcenters.org](http://applewoodcenters.org)

Provides counseling for victims of sexual abuse, youth who are sexually acting out and for adolescent sex offenders.

Appointment needed.

**Bellefaire JCB** (216) 320-8502

22001 Fairmount Blvd. (800) 879-2522

Shaker Hts., Ohio 44118

[bellefairejcb.org](http://bellefairejcb.org)

Provides services to youth who are victims of physical, emotional and/or sexual abuse or are at risk of such abuse.

Appointment needed.

**Bellflower Center for Prevention** (216) 229-8800

**of Child Abuse**

11811 Shaker Blvd., Ste. 220

Cleveland, Ohio 44120

[www.bellflowercenter.org](http://www.bellflowercenter.org)

Provides counseling for youth who have experienced child abuse or who have been sexually assaulted by non-family members. Appointment needed.

**Cleveland Mediation Center** (216) 621-1919

2012 W. 25th St., Ste. 906

Cleveland, Ohio 44113

[clevelandmediation.org](http://clevelandmediation.org)

Helps students resolve conflict through mediation. Will train youth to be volunteer mediators. Se habla Español.

**Cleveland Metropolitan** (216) 432-4605

**School District - Center for  
Conflict Resolution**

1651 E. 71st Street

Cleveland, Ohio 44103

[www.cmsdnet.net](http://www.cmsdnet.net)

**WAVE (Winning Against Violent Environments):** Trains students to perform peer mediations for youth K-12 in Cleveland Metropolitan Schools. Se habla Español (at some schools).

**Cleveland Rape Crisis Center** (216) 619-6194

**24-Hour Hotline** (216) 619-6192

526 Superior Ave., #1400

Cleveland, Ohio 44114

[clevelandrapecrisis.org](http://clevelandrapecrisis.org)

Offers a hotline available 24 hours, every day for emotional support or hospital advocacy. For survivors of rape and sexual abuse and their non-offending family members.

**Conflict Resolution Center  
of the West Shore** (440) 808-1111  
24700 Center Ridge Rd., Ste. 6  
Westlake, Ohio 44145  
[craohio.org](http://craohio.org)

Provides anger management training for youth.

**Cuyahoga County Dept.  
of Children and Family Services** (216) 696-KIDS  
**24-Hour Hotline** (5437)  
[cfs.cuyahogacounty.us](http://cfs.cuyahogacounty.us)

Receives and responds to reports of child abuse or neglect  
24 hours a day, every day.

**Domestic Violence Center** (216) 651-8484  
**24-Hour Hotline** (216) 391-HELP (4357)  
P.O. Box 5466  
Cleveland, Ohio 44101  
[domesticviolencecenter.org](http://domesticviolencecenter.org)

Provides individual and group counseling, information and  
support for those who have witnessed or been victims of  
domestic violence. Also offers shelter for battered women  
and their children.

**Jewish Family Service Assn.  
of Cleveland (JFSA) -  
Drost Family Center** (216) 292-3999  
24075 Commerce Park Rd.  
Beachwood, Ohio 44122  
[jfsa-cleveland.org](http://jfsa-cleveland.org)

Offers help and information about teen dating issues includ-  
ing dating violence and identifying healthy relationships.

**Safe School Helpline** (800) 418-6423  
[www.schoolhelpline.com](http://www.schoolhelpline.com) **ext. 359**

Provides a 24-hour, 7 days a week telephone service to make  
an anonymous report of any violence, theft, drug or alcohol  
abuse, sexual harassment or weapons (or the threat thereof)  
in schools. Se habla Español.

**Safe School Hotline** (216) 771-7233  
**(SAFE)**

For Cleveland Metropolitan School District only. Operates a  
hotline 24 hours a day, 7 days a week to accept anonymous  
reports of suspected threats of harm or violence such as  
weapons at school, verbal threats, as well as other criminal  
activity (theft, drugs, etc.).

**Witness/Victim Services Center (216) 443-7345**

1275 Ontario St., 2nd Flr.

Cleveland, Ohio 44113

[www.ja.cuyahogacounty.us](http://www.ja.cuyahogacounty.us)

Provides support, information and advocacy for witnesses and victims of any crime including crimes at school and home (domestic violence). Offers services such as counseling, accompanying victims to court, assistance with forms, advocacy with law enforcement and information and referral. Se habla Español.

# rights + responsibilities



[www.211cleveland.org/youthpages](http://www.211cleveland.org/youthpages)



# rights + responsibilities

You have the right to fair and equal treatment free from any judgment based on your outward appearance, race, color, national origin, sexual orientation, religion, or disability.

## Student Rights

As a student you hold specific rights:

- **The right to an education.** Every person in the State of Ohio has the right to a free, public education through high school regardless of race, color, religion, sex or national origin.
- **The right to due process of law.** Students and parents have the right to receive notification of alleged misbehavior and the right to challenge or respond to any subsequent charge.
- **The right to free speech or expression.** The First and Fourteenth Amendments of the United States Constitution guarantee the freedom of speech or expression to all persons (including youth). Like all rights, these also come with the responsibility to treat others with respect and dignity. Treat others the way you would wish to be treated.

It is important to know that your school locker is not your property, but the property of the school, and may be examined at any time without notification; and even though you own your backpack, the school may search it while you are on school property with good reason.

Many publications are available online that will help you understand more about your rights as they pertain to health, legal, personal and social issues.

**For more details about student rights and responsibilities and to download a copy of the guide “Students! Know Your Rights” go to:**

***[aclu.org](http://aclu.org)***

**Your rights and health care:** You may or may not need consent from your parent or guardian in order to receive certain health or mental health care services. The laws concerning consent and confidentiality vary depending on how old you are and the type of treatment you need. For more information about your rights and health care/mental health care services and to access a copy of the guide *Your Health and the Law: A Guide for Teens*, go to ***[acluohio.org/issues/TeenHealth](http://acluohio.org/issues/TeenHealth)***.

If you suspect that you have been discriminated against in any way, make immediate detailed written notes of what happened and then talk to your parent, guardian, or school counselor, or call one of the agencies listed in this book.

**For detailed information about discrimination laws go to:**

*crc.ohio.gov*

**For information about discrimination and the workplace go to:**

*youth.eeoc.gov*

Knowing your rights is important, but with each right comes an attached responsibility. Just like adults, you also have responsibilities to society:

- Responsibility to respect others and others' property
- Responsibility to keep your community clean and safe
- Responsibility to maintain honesty
- Responsibility to respect the law and those enforcing it

**When you are approached by police officers, respect them and answer their questions. Do not run from them, do not challenge them and do not be afraid. The police are there to help you and to resolve situations. You should also be familiar with the rights you have if the police stop you in your car or if the police request to enter your home. For more information go to: *aclu.org***

## **Curfew**

There are certain hours when minors (those under 18) cannot be in public places, such as sidewalks, parks and restaurants, and must be in their homes unless they are accompanied by a parent, legal guardian, or other responsible adult. Curfews are normally based on your age, so usually the older you are the later you are permitted to stay out. Since a curfew is a law, it is important that you and your parents know and understand what the curfew laws are in the city where you live. If you have questions about the curfew in your area, the best place to call is your local police department.

## **Driving**

You may be reaching the age to drive. Driving is a privilege and a major responsibility. You need to stay focused and attentive at all times while operating an automobile. In Ohio you must be at least 15-1/2 years old to obtain a temporary driving permit, and a parent or guardian must co-sign the application. You will have to pass a written exam and a vision test. Your temporary permit will be valid for one year. If you are under 18, you will have to take a driver's education course that includes 24 hours of classroom time and eight hours of driving with a certified instructor. You must also document 50 additional hours of driving experience that includes 10 hours of nighttime driving before you can take your driver's license examination. You must be at least 16 years old before you can obtain a driver's license.

If you are under age 17, you may not drive with more than one non-relative in the car at any time unless your parent or guardian is with you. Depending on your age, there are also certain restrictions about the times you can drive.

Texting or talking on a cellphone while driving can be very distracting and even cause accidents. In some areas it's against the law.

**For detailed information about driving and how to obtain a driver's license, go to:**

The Ohio Bureau of Motor Vehicles

*[bmv.ohio.gov](http://bmv.ohio.gov)*

**Also go to:**

*[teendriver.nsc.org](http://teendriver.nsc.org)*

Information just for teen drivers

## **Keeping Safe - Internet, Social Networks, Texts and Blogs**

### **Tips to keep you safe:**

#### **Don't give out personal information**

In any situation, avoid giving out your name, address, age, social security number, pictures, or any other personal identification. Giving out this information can lead to unwanted problems. If you want to shop online where you need to give out some of this information, make sure you do that with your parent or guardian.

### **They may act like friends, but they're really strangers!**

Just because you may spend time sending and receiving messages with someone online, doesn't mean you know them. Some people you correspond with online may act like they are your friend, but they are really strangers. Be defensive when surfing the net and be cautious while communicating with anyone you do not truly know! Don't agree to meet anyone you don't know! And even when you know the person, if what they say or want you to do doesn't seem right, tell an adult you trust.

### **Don't be a "Cyberbully"**

You may not think you're being a bully but if you are using technology such as e-mail, instant messaging, text messaging, social networks or blogs to spread rumors, make threats, harass, intimidate or make fun of someone, then you are bullying. This "cyberbullying" is no different from bullying someone face-to-face. You may be breaking the law and could get into a lot of trouble. If you're being bullied, talk to a parent or other adult you trust. Go to page 150 for more information about bullying.

### **Restrict who can access your pictures and messages**

There are lots of ways for you to communicate with your friends and people you don't even know. E-mail, text messages and social networks such as MySpace and Facebook are very popular. Now there are also blogging services like Blogger.com and microblogging services like Twitter, which

allow you to post very short messages. You may be able to restrict your information so not everyone can view it, so make sure to find out before sending or posting.

### **Pictures and messages can hurt you!**

Sending or posting online (text, pix, email, instant messages, blogs, etc.) nude or semi-nude pictures or videos of yourself or others or messages of a sexual nature is referred to as “sexting.” You may not think you’re doing anything wrong, but what you may not know is that you can be charged with child pornography, which is a felony, even if the photos are of you. These photos and messages may keep you from getting jobs and scholarships or even bring criminal charges. So think before you send!

And REMEMBER, once you send or post it, it may never go away!

After you send or post a message or picture, you’ve lost control over who sees it. Even if you send it to your best friend and think it won’t get passed around, it just might some day. Even if you delete it, it could be out there forever. Keep in mind that people such as college administrators and employers may check these sites to learn more about you. So think hard before you send or post any pictures or messages!!

### **For more information go to:**

[\*getnetwise.org\*](http://getnetwise.org)

[\*safeteens.com\*](http://safeteens.com)

[\*cyberangels.org\*](http://cyberangels.org)

[\*netsmartz.org\*](http://netsmartz.org)

[\*thenationalcampaign.org/sextech\*](http://thenationalcampaign.org/sextech)

### **Voting**

Voting is a right and a privilege. By voting, you are exercising your right to express your opinion on issues that affect your future.

### **To be qualified to vote in Ohio, you must be:**

- a U.S. citizen
- 18 years old on or before the day of the General Election in November
- a resident of Ohio for at least 30 days before the day of the election

You must also register to vote 30 days before the election. A 17-year-old may vote in a primary if he or she will turn 18 on or before the General Election. You can register to vote at your school, a public library, the deputy registrar, on the Internet or at the Cuyahoga County Board of Elections.

Anyone in prison for a felony or declared by a judge to be incompetent for voting purposes may not vote.

For more information and to register to vote go to:

League of Women Voters of Cleveland

*lwvcef.org*

Cuyahoga County Board of Elections

*boe.cuyahogacounty.us*

*rockthevote.com*



The following pages list resources to help you with any questions or concerns you may have regarding your legal rights and responsibilities. Some are very specific about what assistance they can provide and others are more general. All are here to help.

**American Civil Liberties**

**(216) 472-2200**

**Union of Ohio Foundation (ACLU)**

4506 Chester Ave.

Cleveland, Ohio 44103

*acluohio.org*

Works to protect individual rights and liberties as outlined in the U.S. Constitution and Bill of Rights. Provides information and workshops for youth on civil rights issues (health care, sports, student rights, harassment) that affect youth directly.

**Anti-Defamation League**

**(216) 579-9600**

50 Public Sq., Ste. 505

Cleveland, Ohio 44113

*adl.org*

Seeks to end negative attitudes about Jewish people, have existing civil rights and anti-discrimination laws enforced, and secure justice and fair treatment for all people. Handles discrimination complaints.

**Arab American  
Community Center for  
Economic and Social Services  
in Ohio (ACCESS)** (216) 252-2900  
11555 Lorain Ave.  
Cleveland, Ohio 44111  
*accesscommunity.org*

Promotes better understanding of Arab culture and the blending of Arab Americans into the mainstream of American life. Provides a variety of social services.

**ARC of Greater Cleveland** (216) 622-0755  
1331 Euclid Ave.  
Cleveland, Ohio 44115  
*cmr-cleveland.org*

Provides information and advocacy for persons with intellectual and developmental disabilities.

**Better Business Bureau** (216) 241-7678  
2217 E. 9th St., Ste. 200  
Cleveland, Ohio 44115  
*clevelandbbb.org*

Offers information to consumers about businesses and other consumer topics. Recorded information is available 24/7.

**Cleveland Mediation Center** (216) 621-1919  
2012 W. 25th St., Ste. 412  
Cleveland, Ohio 44113  
*clevelandmediation.org*

Offers community-based mediation to resolve problems or disputes.

**Cleveland Metropolitan  
Bar Association** (216) 696-3525  
1301 E. 9th St.  
Cleveland, Ohio 44114  
*clemetrobar.org*

Offers referrals to attorneys.

**Conflict Resolution Center  
of the West Shore** (440) 808-1111  
24700 Center Ridge Rd., Ste. 30  
Westlake, Ohio 44145  
*crcoho.org*

Provides anger management training and conflict mediation for youth.

**Cuyahoga County** (216) 443-3298

**Board of Elections**

2925 Euclid Ave., Rm. 400

Cleveland, Ohio 44115

*boe.cuyahogacounty.us*

Provides information on voter registration, legislative, ward and school districts and the names of public officials that serve those districts.

**Cuyahoga County Public** (216) 443-7295

**Defender - Juvenile Division**

1849 Prospect Ave., Rm. 222

Cleveland, Ohio 44115

*publicdefender.cuyahogacounty.us*

Provides legal representation for youth who are involved with the Cuyahoga County Juvenile Court. Must meet family income eligibility guidelines. Parental consent desired for youth under 18. Se habla Español.

**Diversity Center of** (216) 752-3000

**Northeast Ohio**

3645 Warrensville Center Rd., Ste. 320

Beachwood, Ohio 44122

*diversitycenterneo.org*

Promotes understanding and respect among all races, religions and cultures through advocacy, conflict resolution and education.

**Educational Service Center** (216) 524-3000

**of Cuyahoga County**

5811 Canal Rd.

Valley View, Ohio 44125

*esc-cc.org*

State Support Team Region 3: Provides information about special education services, support, education and advocacy for families of children with disabilities.

**Empowerment Center** (216) 432-4770

**of Greater Cleveland**

3030 Euclid Ave., Ste. 100

Cleveland, Ohio 44115

*ecgccleveland.org*

Advocates for low-income people and assists them with finding and using community services and public benefits.

**International Services Center** (216) 781-4560

1859 Prospect Ave.

Cleveland, Ohio 44115

*internationalservicescenter.org*

Offers immigration counseling and translation services.

**League of Women Voters  
of the Cleveland Area**

850 Euclid Ave., Suite 1010  
Cleveland, Ohio 44114

*lwvcef.org*

Provides information about local, county, state and federal legislative districts, government and related topics as well as polling place information for elections.

**Legal Aid Society of Cleveland** (216) 687-1900

1223 W. 6th St.  
Cleveland, Ohio 44113

*www.lasclev.org*

Provides legal services to those who cannot afford to hire a private attorney. Does not handle criminal matters. Must meet financial eligibility guidelines. Se habla Español.



(216) 781-8375

**LGBT Community Center  
of Greater Cleveland**

6600 Detroit Ave.  
Cleveland, Ohio 44102

*lgcsc.org*

Provides a variety of programs to assist and empower lesbian, gay, bisexual, transgender, intersex and questioning youth. Offers support and referrals regarding personal rights.

**National Assn. for the  
Advancement of Colored People  
(NAACP) - Cleveland Branch** (216) 231-6260

2131 Stokes Blvd.  
Cleveland, Ohio 44106  
*clevelandnaacp.org*

Helps to resolve complaints of racial discrimination in housing, employment, education and other areas. Parental consent needed to file complaints.

**NAACP Youth Council:** Offers youth the opportunity to participate in activities that work toward empowering African-Americans and eliminating racial discrimination.



**Ohio Civil Rights Commission** (216) 787-3150

**Cleveland Regional Office**

615 W. Superior Ave., Ste. 885

Cleveland, Ohio 44113

*crc.ohio.gov*

Investigates complaints of discrimination in employment, housing, higher education, credit, and public accommodations on the basis of race, color, religion, national origin, ancestry, sex, disability, familial status and age. Se habla Español.

**Services for Independent Living** (216) 731-1529

25100 Euclid Ave., Ste. 105

Cleveland, Ohio 44117

*sil-oh.org*

Provides advocacy and services for persons with disabilities.

**U.S. Equal Employment** (800) 669-4000

**Opportunity Commission**

**Cleveland Field Office**

1240 E. 9th St., Ste. 3001

Cleveland, Ohio 44199

*eeoc.gov*

Investigates complaints of employment discrimination based on race, color, religion, sex, national origin, age and disability. Se habla Español.

# school + work



[www.211cleveland.org/youthpages](http://www.211cleveland.org/youthpages)

# school + work

What school courses do you like more than others? Do you have an interest in art, history or science? Do you like to read, take pictures, or do you have a natural talent in one area or another? Now is the time to explore those interests and think about how they might apply in the adult world.

You may be thinking about what you would like to do on summer vacation or where you would like to get a part-time job. Or if you are a junior or senior in high school, you may be thinking about where you will go to college or what career path you want to take. This section provides information that will help you as you think about your future plans.

Libraries are great resources for almost anything you can imagine. For lots of information on many topics go to [ipL.org](http://ipL.org) and click on Teen Space or Kid Space. To find a library near you, go to the list of libraries and branches beginning on page 72.

## Schoolwork and Homework

The classes you are taking in school now are meant to prepare you for college and future employment. But academic courses can be difficult. If you are having trouble understanding some of your schoolwork, talk to your teacher or guidance counselor. Tutoring may be available through your school, libraries or agencies in your community.

## The Grammar Hotline at Cuyahoga Community College

(216) 987-2050

Provides answers to questions about grammar. September-May M-Th: 10 a.m.-7 p.m.; F: 11 a.m.-2 p.m.; summer hours vary.

## HomeworkNow

[homeworknow.org](http://homeworknow.org)

A service of the State Library of Ohio and your local public library that provides professional librarians and tutors 24 hours a day, 7 days a week, to offer help with information for homework, research papers and other school projects.

## Staying in School

You have probably heard your teachers, parents or other adults tell you to stay in school and earn your high school diploma. Here's a few reasons why that's good advice:

- Without a high school diploma it is usually more difficult to find and keep a job.
- Persons with a high school diploma almost always make more money than those without one.
- A high school diploma is a stepping stone to tremendous possibilities...no matter what you want to do.

### **For information about staying in school, go to:**

National Dropout Prevention Center/Network

[www.dropoutprevention.org](http://www.dropoutprevention.org)

## **After High School**

You may already be thinking about what you're going to do once high school is over. Attending a college, university or technical/vocational school are just some of the options that may be available to you. Your guidance counselor at your school has information that will help you prepare for life after high school.

### **For more information about preparing for college and careers:**

U.S. Dept. of Education

[ed.gov](http://ed.gov)

[studentaid.ed.gov](http://studentaid.ed.gov) (information about choosing and applying to colleges and universities as well as financial aid)

### **Free Application for Federal Student Aid**

[fafsa.ed.gov](http://fafsa.ed.gov)

[students.gov](http://students.gov) (college and career information, includes military information and college search Web sites)

[www.careervoyages.gov](http://www.careervoyages.gov) (information on high growth, high demand occupations and the education and skills required to obtain these positions)

## **Youth Employment**

### **How old do I have to be to work?**

The minimum age to get a job is 14 years old, but there are a few jobs where it is okay to be younger (such as newspaper delivery and babysitting). There are also some hazardous jobs that most people younger than 18 are not legally permitted to do.

### **Do I need a work permit?**

If you are at least 14 years old, but younger than 18, a work permit is generally required to work during the school year. Each time you change jobs, a new permit is needed. However, if you are 16 or 17, you don't need a permit to work during the summer when school is out, as long as your employer (boss) has proof of your age and has something in writing from your parents stating that it is okay.

### **Where do I get a work permit?**

Go to the office at your school and ask for an application for a work permit. Work permits are free. Follow the directions on the form about how to fill it out and what to do next. To get a work permit, you must have a physical examination by your doctor to make sure you are in good health. If you do

not have a doctor, your school may know a doctor that provides work physicals. Ask your school for information.

### **What should I get paid?**

Minimum wage is the least amount of money an employer can legally pay you to work for them, but there are some job situations where it is legal to pay someone less, for example, newspaper delivery.

### **What hours can I work?**

If you are 14 or 15, you can work outside of school hours after 7 a.m. and until 7 p.m. (except from June 1 through Labor Day, when you can work until 9 p.m.).

However, you can work no more than...

- 3 hours on a school day and 18 hours in a school week
- 8 hours on a non-school day and 40 hours in a non-school week

If you are 16 or older, there are no restrictions on the number of hours per day or week you can work.

### **Is a break required?**

Your employer is required to give you a half-hour break for every five straight hours you work.

### **Who can I contact for more information?**

U.S. Dept. of Labor

*[youthrules.dol.gov](http://youthrules.dol.gov)*

*[dol.gov](http://dol.gov)*

**Answerline – (866) 4USA-DOL**

U.S. Dept. of Labor – Cleveland District Office –

Wage and Hour Division

**(216) 357-5400**

Ohio Dept. of Commerce

*[com.ohio.gov](http://com.ohio.gov)*

Youth@Work

*[youth.eeoc.gov](http://youth.eeoc.gov)*

## Where to Get Your Certified Birth Certificate

Contact the Bureau of Vital Statistics located within the city in which you were born. There will be a fee for a certified birth certificate. A certified birth certificate is a copy with a raised seal. Those wishing to obtain a birth certificate must have photo ID, provide the first, middle and last names of their parents, and the name of the hospital where they were born. If you were born in Ohio, birth certificates may also be obtained through the Ohio Dept. of Health. For more information check out their Web site at [www.odh.ohio.gov](http://www.odh.ohio.gov)

## Where to get a Social Security Card

Social Security cards are obtained through the **Social Security Administration**. If you're applying for a Social Security Card for the first time (you have NEVER been assigned a Social Security number before), you will need at least two documents as proof of age, identity and U.S. Citizenship or lawful noncitizen status. These documents are generally a birth certificate and another document such as a school ID card and a health insurance card.

If you are getting a replacement or corrected card, you will need two forms of identification. A birth certificate will not be accepted. All documents must be either an original or certified copy. There is no charge for a Social Security number and card.

For more information or to apply for a Social Security card contact the **Social Security Administration** at **1-800-772-1213** or go to [www.ssa.gov/kids](http://www.ssa.gov/kids).



Here is a list of organizations you can contact for information about jobs, careers and planning for your future.

**American Red Cross** (216) 431-3076

**Greater Cleveland Chapter**

3747 Euclid Ave.

Cleveland, Ohio 44115

[redcross-cleveland.org](http://redcross-cleveland.org)

Offers instruction on how to be a babysitter.

**AmeriCorps - Ohio** (800) 942-2677

51 N. High St., Ste. 800

Columbus, Ohio 43215

[americorps.org](http://americorps.org)

Provides opportunities for young adults 17 and older to spend ten months to one year serving community-based organizations in Ohio addressing needs such as education, public safety, human services and the environment. Participants receive money towards college. Also provides a list of nationwide opportunities. Se habla Español.

**Boy Scouts of America -** (216) 861-6060

**Greater Cleveland Council**

2241 Woodland Ave.

Cleveland, Ohio 44115

[gccbsa.org](http://gccbsa.org)

**Exploring Program:** Provides opportunities for high school students to explore potential careers through hands-on experiences. Nearly 20 different career fields are available.

**City Year - Cleveland** (216) 373-3400

526 Superior Ave., Ste. 408

Cleveland, Ohio 44115

[cityyear.org](http://cityyear.org)

Offers young adults ages 17-24 the opportunity to spend ten months in full-time community service and receive scholarship money. Must have a high school diploma or GED.

**Cleveland Job Corps Center** (216) 541-2500

13421 Coit Rd.

Cleveland, Ohio 44110

[jobcorps.gov](http://jobcorps.gov)

Offers educational opportunities for unemployed youth ages 16-24 who need vocational training in order to become employed. Students may commute or live in dorms.

**Cleveland Scholarship Programs** (216) 241-5587

200 Public Sq., Ste. 3820

Cleveland, Ohio 44114

[cspohio.org](http://cspohio.org)

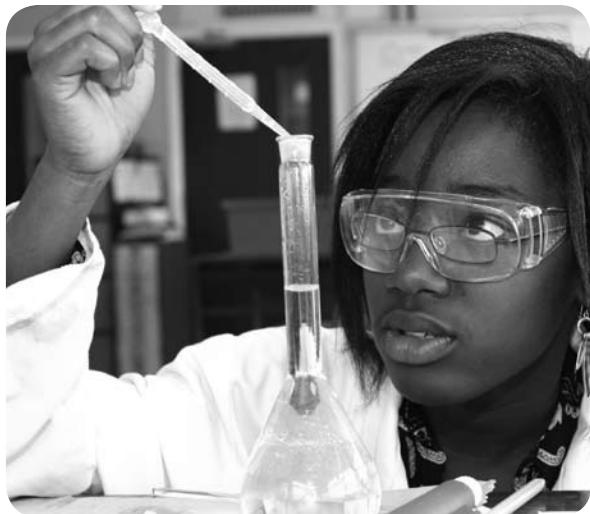
Offers college, career and scholarship information and advisory services. Helps with applying to and choosing a college. Provides scholarships and administers scholarship funds.

**Cleveland State University  
Community Learning Center  
for Children and Youth**

**(216) 687-4768**

2121 Euclid Ave.  
Cleveland, Ohio 44115  
[csuohio.edu](http://csuohio.edu)

Provides tutoring in math and literacy. Nominal fee during the summer; free the rest of the year.



**Cleveland Treatment Center**

**(216) 861-4246**

1127 Carnegie Ave.  
Cleveland, Ohio 44115  
[clevelandtreatmentcenter.org](http://clevelandtreatmentcenter.org)

Provides a work-based learning opportunity that includes skills development and paid work experience in video production, theater, graphic design, creative and technical writing. For students ages 14-21. Must meet income requirements.

**Cuyahoga County Public  
Library Homework Centers**

[cuyahogalibrary.org](http://cuyahogalibrary.org)

Provides help with homework during the school year.  
Phone for times.

<b>Brook Park</b>	grades K-6	<b>(216) 267-5250</b>
<b>Brooklyn</b>	grades K-6	<b>(216) 398-4600</b>
<b>Garfield Hts.</b>	grades K-6	<b>(216) 475-8178</b>
<b>Maple Hts.</b>	grades K-6 and 7-10	<b>(216) 475-5000</b>
<b>North Olmsted</b>	grades 7-10	<b>(440) 777-6211</b>
<b>Parma-Ridge</b>	grades K-6	<b>(440) 888-4300</b>
<b>Southeast</b>	grades K-6	<b>(440) 439-4997</b>
<b>South Euclid/Lyndhurst</b>	grades 7-10	<b>(216) 382-4880</b>
<b>Warrensville</b>	grades K-6	<b>(216) 464-5280</b>

## Educational Talent Search Program

*ed.gov/programs/triotalent*

Offers a college preparation program for students in grades 6-12. Focuses on potential first-generation college students. Each location serves specific public schools in Cleveland.

### **Case Western Reserve University** (216) 368-6640

10900 Euclid Ave., Yost #131  
Cleveland, Ohio 44106

*cwru.edu*

Serves students living in East Cleveland. Scheduled to end in 2008.

### **Cuyahoga Community College** (216) 987-6310

700 Carnegie Ave.  
Cleveland, Ohio 44115

*www.tri-c.edu*

## Employment Connection

Provides employment and vocational training programs for in-school and out-of-school youths ages 14-21.

### **Downtown Office** (216) 664-4673

1020 Bolivar Rd.  
Cleveland, Ohio 44115

*www.city.cleveland.oh.us*

Se habla Español.

### **Brookpark Office** (440) 698-2887

11699 Brookpark Rd.  
Parma, Ohio 44130

*workforce.cuyahogacounty.us*

## **Esperanza** (216) 651-7178

3104 W. 25th St.  
Cleveland, Ohio 44109

*esperanzainc.com*

Offers college scholarships for Hispanic students.

## **INROADS - North Central** (216) 623-1010

1360 W. 9th St., Ste. 330  
Cleveland, Ohio 44113

*inroads.org*

Provides college students with programs that offer skills and work experience necessary for success in business and/or technological careers. Focuses on African-Americans, Hispanics and Native Americans.

## **International Services Center** (216) 781-4560

1859 Prospect Ave.  
Cleveland, Ohio 44115

*internationalservicescenter.org*

Offers English as a Second Language (ESL) courses in the summer for youth. Teaches those who speak another language to read, write and speak English.



**Linking Employment,  
Abilities and Potential (LEAP)**

**(216) 696-2716**

1468 W. 25th St.  
Cleveland, Ohio 44113  
[www.leapinfo.org](http://www.leapinfo.org)

Offers programs to encourage students with disabilities to explore career opportunities and to help them transition from school to work.

**Ohio State University -  
Office of Minority Affairs**

**(216) 634-2196**

4600 Detroit Ave., Rm. 238  
Cleveland, Ohio 44102  
[oma.osu.edu/ysp](http://oma.osu.edu/ysp)

**Young Scholars Program:** Helps minority students in the Cleveland Metropolitan School District prepare for college through academic and personal development activities and tutoring. Students who complete the program are guaranteed admission and financial aid to attend Ohio State University. Students may apply through grade nine.

**UNCF (United Negro College Fund) (216) 781-8623**

2000 Auburn Dr., Ste. 200  
Cleveland, Ohio 44122  
[uncf.org](http://uncf.org)

Administers scholarship and internship programs for students to attend college.

**University Circle Inc.**

**(216) 791-3900**

10831 Magnolia Dr.  
Cleveland, Ohio 44106  
[universitycircle.org](http://universitycircle.org)

**Future Connections:** Provides opportunities for summer study/internship experiences for Cleveland merit and honor roll students in their junior year of high school.

**Upward Bound Program**

Prepares potential first-generation college students for success in college. Includes an opportunity for students to reside in dorms and take classes for six weeks in the summer. Each location serves certain high schools in Cleveland. Must meet income eligibility.

[ed.gov/programs/trioupbound](http://ed.gov/programs/trioupbound)

**Baldwin-Wallace College**

**(440) 826-2208**

275 Eastland Rd.  
Berea, Ohio 44017  
[www.bw.edu](http://www.bw.edu)

Serves students attending certain public high schools in Cleveland.

**Case Western Reserve University**

**(216) 368-3750**

10900 Euclid Ave., Yost #131  
Cleveland, Ohio 44106  
[cwru.edu](http://cwru.edu)

Targets students attending Cleveland public high schools.

**Cuyahoga Community College**

**(216) 987-4958**

Metro Campus

2900 Community College Ave.

Cleveland, Ohio 44115

***www.tri-c.edu***

Serves students attending certain public schools in Cleveland. Does not offer the summer residential portion.

**Youth Opportunities  
Unlimited (YOU)**

**(216) 566-5445**

1361 Euclid Ave.

Cleveland, Ohio 44115

***youthopportunities.org***

Provides programs for teens delivered during and after school focused on learning skills needed to succeed in school and work. May also offer summer job programming for youth ages 14-18.

# SAVING + SPENDING



**www.211cleveland.org/youthpages**

# SAVING + SPENDING

During your lifetime, you could easily spend hundreds of thousands of dollars, have numerous loans, and receive zillions of credit card offers.

How you approach these decisions will have a huge impact on your quality of life. Will you have the peace of mind that comes with money in the bank or always be worrying about how you will pay your bills? Will you be able to afford a comfortable retirement? It may seem silly to be thinking about these things now, but NOW is the time to start forming responsible saving and spending habits.

## Saving

If you can put money aside and invest it wisely, it will grow. Your saved money will earn additional money for you. When you borrow money, you have to repay more than what you borrowed. So it is best to have enough money saved so you do not have to borrow money to pay your bills, or you will be paying out more than you have to (leaving you less to save or use in an emergency). As you go out on your own, a top priority should be to build at least enough savings for an “emergency fund.”

### Here are some ways to start the saving habit:

- “Pay Yourself First” - Deposit a set amount or percentage of every paycheck or allowance into a savings account.

- Save all your loose coins in a container and deposit them in your savings account every month.
- When you receive “unexpected” money, such as a cash gift, put some of it into savings.

Saving takes discipline. Savers set budgets and stick to them. This usually requires deciding what you really “need” and what you merely “want” (and can put off buying). Savers also spend their money wisely – they avoid buying expensive items they cannot afford, so they will have more for things they do need.

## Spending

A consumer is someone who purchases and uses goods and services. Whenever you buy something from the store or purchase services such as getting a haircut, you are a consumer. Smart consumers do their homework. By doing business with companies with good track records, and knowing as much as they can about the products or services they are considering purchasing, they can save a lot of money, get the product that best suits their needs, and avoid the frustration and distractions caused by a bad buying experience.

### Here are some other tips:

- If something sounds too good to be true, it probably is! Don’t ever pay money to receive a “free” prize or lottery/sweepstakes winnings. Be very cautious of great job offers that involve sending money.

- Shop for the best value. Don't pay more than necessary, but be mindful that a high quality product lasts longer and usually comes with a longer warranty.
- Know who you're doing business with – whether the company is located down the street or on the Internet. The **Better Business Bureau (BBB)** offers information about businesses. They can let you know if any complaints have been made against the business and much more! For more information phone the BBB at **(216) 241-7678** or go to ***clevelandbbb.org***.
- Avoid identity theft! Do not give your Social Security number, credit card numbers, bank account numbers, personal identification numbers (PINs) or any personal information to an unfamiliar company, whether on-line or off-line.
- Once you're 18, your signature on a contract will bind you legally. Read and understand all terms in contracts before you sign, and never sign a contract under pressure.

(Cell phone contracts are a good example: Are you willing to pay a big penalty if you change service within two years? What are the specifics of your calling plan and what additional charges may apply?)

## Getting Credit

"Credit" means someone is willing to loan you money in exchange for your promise to pay it back with "interest"

(the amount you pay to use someone else's money). Credit has many potential benefits if you use it responsibly. Credit cards, car loans and home loans are all forms of credit.

A "credit report" is a history of how well you have managed credit in the past. If you've managed it well, you have a much better chance of getting more credit at a lower rate of interest. A "bad" credit report can result in a loan being refused (or granted only with an extremely high interest rate), and can even affect your ability to rent an apartment or get the job you want. Keys to a good credit history include not bouncing checks, always paying bills on time, and showing consistent savings.

Credit card companies generally do not issue cards for minors (under the age of 18), nor permit cards for minors even with parental cosigners. Normally, it is best to start thinking about credit once you have some form of regular income that is sufficient for paying all of your bills in full. Remember that if you don't pay credit card bills in full and on time, you'll almost always be faced with significant interest charges and late fees on your next bill.

**For more great information to help you be a savvy consumer, go to:**

*choicenerd.com*

*consumerjungle.org*

*ftc.gov* (click on **Consumer Protection**)



The following organizations provide information and help for consumers:

**Better Business Bureau** (216) 241-7678

2217 E. 9th St., Ste. 200

Cleveland, Ohio 44115

*clevelandbbb.org*

Offers information to consumers about businesses and other consumer topics. Recorded information is available 24/7.

**Cleveland Saves** (216) 651-7283

6516 Detroit Ave., Ste. 2

Cleveland, Ohio 44102

*clevelandsaves.org*

24-hr. Moneyline

Provides information and assistance to those who want to save money and create good saving habits.

**Consumer Product** (800) 638-2772

**Safety Commission**

4330 East West Hwy.

Bethesda, MD 20814

*cpsc.gov*

Investigates complaints about the safety of consumer products and provides information about product hazards and recalls.

**Federal Citizen  
Information Center**

*info.gov*

Offers information about consumer issues and federal programs.

**(800) 333-4636  
(FED-INFO)**

*pueblo.gsa.gov*

Makes available publications about purchasing goods and services as well as other consumer issues.

**(888) 878-3256  
(888) 8PUEBLO**

**Federal Trade Commission**

600 Pennsylvania Ave.  
Washington, DC 20580

*ftc.gov*

Provides consumer information and education and investigates complaints. Operates a National Do Not Call Registry to help control calls from telemarketers.

**(877) 382-4357**

**Ohio Attorney General's Office**

30 E. Broad St., 17th Flr.  
Columbus, OH 43215

*speakoutohio.gov*

Offers a consumer protection hotline for complaints and information on matters such as contracts, automobile and appliance rental, home repairs, deceptive advertising, mail order business, consumer credit, and new car and auto parts purchases.

**(800) 282-0515**

# Alphabetical list of RESOURCES



[www.211cleveland.org/youthpages](http://www.211cleveland.org/youthpages)

# Alphabetical list of resources

100 Black Men of Greater Cleveland . . . . . (216) 361-9146  
 211 . . . . . 211 or (216) 436-2000  
 Achievement Centers for Children . . . . . (216) 292-9700  
 Adoption Network of Cleveland. . . . . (216) 325-1000  
 AIDS Taskforce of Greater Cleveland . . . . . (216) 621-0766  
 Al-Anon/Alateen . . . . . (216) 621-1381  
 Alcoholics Anonymous -  
   Cleveland District Office . . . . . (216) 241-7387  
 Alexander Hamilton Recreation Center . . . . . (216) 664-4121  
 Alta House . . . . . (216) 421-1536  
 Alternaterm Pregnancy Services . . . . . (216) 371-4848  
 American Civil Liberties  
   Union of Ohio Foundation (ACLU) . . . . . (216) 472-2200  
 American Lung Assn. of  
   Ohio - Northeast Region. . . . . (216) 524-5864  
 American Red Cross -  
   Greater Cleveland Chapter. . . . . (216) 431-3010  
 American Sickle Cell Anemia Assn. . . . . (216) 229-8600  
 AmeriCorps - Ohio . . . . . (800) 942-2677  
 Antioch Baptist Church . . . . . (216) 421-1516  
 Antioch Development Corp. - AGAPE . . . . . (216) 791-0638  
 Anti-Defamation League . . . . . (216) 579-9600  
 Applewood Centers . . . . . (216) 458-9827

Arab American Community Center for  
 Economic and Social Services  
   in Ohio - ACCESS. . . . . (216) 252-2900  
 Arc of Greater Cleveland . . . . . (216) 622-0755  
 Baldwin-Wallace College -  
   Upward Bound Program . . . . . (440) 826-2208  
 Bay Village - Dept. of Recreation . . . . . (440) 871-6755  
 Beachwood - Div. of Recreation . . . . . (216) 292-1970  
 Bedford - Ellenwood Recreation Center . . . . . (440) 735-6573  
 Bedford Hts. - Jimmy Dimora Center . . . . . (440) 786-3290  
 Beech Brook . . . . . (216) 831-2255  
 Beech Brook Family Drop-in Center. . . . . (216) 391-4069  
 Bellefaire JCB . . . . . (216) 932-2800  
   Jewish Big Brothers Big Sisters. . . . . (216) 320-8310  
   Teens2Homes . . . . . (216) 320-8935  
   Homeless Youth Program . . . . . (216) 570-8010  
 Bellflower Center for  
   Prevention of Child Abuse . . . . . (216) 229-8800  
 Berea Children's Home . . . . . (440) 260-8300  
 Berea - Dept. of Recreation . . . . . (440) 826-5890  
 Better Business Bureau . . . . . (216) 241-7678  
 Big Brothers Big Sisters  
   of Greater Cleveland . . . . . (216) 621-8223  
 Birthright of Greater Cleveland . . . . . (216) 228-5998  
   East. . . . . (216) 486-2800  
   Parma . . . . . (216) 661-6400

## Boot Camp for New Dads

Fairview Hospital . . . . .	(440) 356-0347
Hillcrest Hospital . . . . .	(440) 312-4647
Huron Hospital . . . . .	(440) 312-4647
Lakewood Hospital . . . . .	(440) 356-0347
Marymount Hospital . . . . .	(216) 650-0553
MetroHealth Medical Center . . . . .	(216) 778-3381
Southwest General Health Center . . . . .	(440) 816-8036
University Hospitals Case Medical Center . .	(216) 844-4000
Boy Scouts of America -	
Greater Cleveland Council . . . . .	(216) 861-6060
Boys and Girls Clubs of Cleveland . . . . .	(216) 883-2106
Bratenahl Community Center . . . . .	(216) 451-5350
Brecksville - Dept. of Recreation . . . . .	(440) 546-2300
Broadview Heights -	
Dept. of Parks and Recreation . . . . .	(440) 838-4522
Brook Park Recreation Center . . . . .	(216) 433-1545
Brooklyn Recreation Center . . . . .	(216) 351-5334
Brooklyn Heights - Recreation Dept. . . . .	(216) 739-3706
Business Volunteers Unlimited . . . . .	(216) 736-7711
Care Alliance . . . . .	(216) 781-6228
Care Alliance at City Mission . . . . .	(216) 781-6724
Care Alliance at King Kennedy . . . . .	(216) 923-5000
Care Alliance at Riverview Estates . . . . .	(216) 619-5571
Care Alliance at St. Malachi Center . . . . .	(216) 781-6724
Care Alliance Health Center . . . . .	(216) 781-6724

## Case Western Reserve University -

Educational Talent Search . . . . .	(216) 368-6640
School of Dentistry . . . . .	(216) 368-8730
Upward Bound . . . . .	(216) 368-3750
Catholic Charities Services of Cuyahoga County -	
Counseling . . . . .	(216) 939-3727
Chemical Dependency . . . . .	(216) 391-2030 x25
DePaul Family Center . . . . .	(216) 687-0000 x11
Center for Families and Children -	
Central Intake . . . . .	(216) 432-7230
Taylor Commons . . . . .	(216) 932-9497
Central Recreation Center . . . . .	(216) 664-4241
Chagrin Valley Recreation Center . . . . .	(440) 247-7813
Children's Museum of Cleveland . . . . .	(216) 791-7114
Christian Family Outreach . . . . .	(216) 421-3818
Church of God and True Holiness . . . . .	(216) 391-2167
City Mission . . . . .	(216) 431-3510
City Year - Cleveland . . . . .	(216) 373-3400
Clark Recreation Center . . . . .	(216) 664-4657
Cleveland Botanical Gardens . . . . .	(216) 721-1600
Cleveland Department of Public Health . . . .	(216) 664-2324
J. Glen Smith Health Center . . . . .	(216) 249-4100
McCafferty Health Center . . . . .	(216) 651-5005
MomsFirst . . . . .	(216) 664-4194
Student Assistance Program . . . . .	(216) 420-8829
Cleveland, City of - Div. of Recreation . . . .	(216) 664-2561
Cleveland Eastside Ex-Offender Coalition . . .	(216) 426-9012



Cleveland Hearing and Speech Center . . . . . (216) 231-8787  
 Cleveland Heights - Div. of Parks and Rec. . . . (216) 691-7373  
 Cleveland Hts./University Hts. Public Library  
     Main Branch . . . . . (216) 932-3600  
     Coventry Village Branch . . . . . (216) 321-3400  
     Noble Neighborhood Branch . . . . . (216) 291-5665  
     University Heights Branch . . . . . (216) 321-4700  
 Cleveland Heights-University Heights  
     School District (GRADS) . . . . . (216) 320-3229  
 Cleveland Job Corps Center . . . . . (216) 541-2500  
 Cleveland Mediation Center . . . . . (216) 621-1919  
 Cleveland Metroparks . . . . . (216) 635-3200  
 Cleveland Metroparks Zoo . . . . . (216) 661-6500  
 Cleveland Metropolitan Bar Assn. . . . . (216) 696-3525  
 Cleveland Metropolitan School District  
     GRADS . . . . . (216) 831-3355  
     Center for Conflict Resolution . . . . . (216) 432-4605  
 Cleveland Museum of Art . . . . . (216) 421-7340  
 Cleveland Museum of Natural History . . . . . (216) 231-4600  
 Cleveland Music School Settlement . . . . . (216) 421-5806  
 Cleveland Police Athletic League . . . . . (216) 687-9135  
 Cleveland Pregnancy Center - Berea . . . . . (440) 243-2520  
 Cleveland Pregnancy Center - Cleveland . . . . (216) 631-0964  
 Cleveland Public Library (Main) . . . . . (216) 623-2800  
     Addison . . . . . (216) 623-6906  
     Broadway . . . . . (216) 623-6913  
     Brooklyn . . . . . (216) 623-6920

Carnegie West . . . . . (216) 623-6927  
 Collinwood . . . . . (216) 623-6934  
 East 131st . . . . . (216) 623-6941  
 Eastman . . . . . (216) 623-6955  
 Fleet . . . . . (216) 623-6962  
 Fulton . . . . . (216) 623-6969  
 Garden Valley . . . . . (216) 623-6976  
 Glenville . . . . . (216) 623-6983  
 Harvard-Lee . . . . . (216) 623-6990  
 Hough . . . . . (216) 623-6997  
 Jefferson . . . . . (216) 623-7004  
 Langston Hughes . . . . . (216) 623-6975  
 Lorain . . . . . (216) 623-7011  
 Martin Luther King Jr. . . . . (216) 623-7018  
 Memorial-Nottingham . . . . . (216) 623-7039  
 Mt. Pleasant . . . . . (216) 623-7032  
 Rice . . . . . (216) 623-7046  
 Rockport . . . . . (216) 623-7053  
 South . . . . . (216) 623-7060  
 South Brooklyn . . . . . (216) 623-7067  
 Sterling . . . . . (216) 623-7074  
 Union . . . . . (216) 623-7088  
 Walz . . . . . (216) 623-7095  
 West Park . . . . . (216) 623-7102  
 Woodland . . . . . (216) 623-7109  
 Cleveland Public Theatre . . . . . (216) 631-2727

Cleveland Rape Crisis Center . . . . . (216) 619-6194  
     24-hour Hotline . . . . . (216) 619-6192  
 Cleveland Saves . . . . . (216) 651-7283  
 Cleveland Scholarship Programs . . . . . (216) 241-5587  
 Cleveland Sight Center . . . . . (216) 791-8118  
 Cleveland State University  
     Community Learning Center . . . . . (216) 687-4768  
 Cleveland Treatment Center . . . . . (216) 861-4246  
 Cleveland Treatment Center at  
     Carl. B Stokes Social Services Mall . . . . . (216) 991-7233  
 Cleveland UMADAOP . . . . . (216) 361-2040  
 Conflict Resolution Center  
     of the West Shore . . . . . (216) 808-1111  
 Connections: Health Wellness Advocacy. . . . . (216) 831-6466  
 Consumer Product Safety Commission . . . . . (800) 638-2772  
 Continue Life . . . . . (216) 383-1984  
 Cornerstone Among Women . . . . . (440) 356-5565  
 Cory Recreation Center . . . . . (216) 664-3389  
 Council for Economic Opportunities  
     in Greater Cleveland (CEOGC)  
     Early Head Start . . . . . (216) 541-7878  
     Babies and Moms Support (BAMS) . . . . . (216) 696-9077  
 Covenant, The . . . . . (216) 574-9000  
 Cudell Fine Arts Center . . . . . (216) 664-4183  
 Cudell Recreation Center . . . . . (216) 664-4137  
 Cuyahoga Community College  
     Educational Talent Search. . . . . (216) 987-6310

Grammar Hotline . . . . . (216) 987-2050  
 Upward Bound . . . . . (216) 987-4958  
 Metro Campus Dental Clinic . . . . . (216) 987-4413  
 Cuyahoga County Board of Elections . . . . . (216) 443-3298  
 Cuyahoga County - Dept. of Children and Family Services  
     Main . . . . . (216) 431-4500  
     Report Child Abuse/Neglect . . . . . (216) 696-KIDS (5437)  
 Cuyahoga County - Employment/Family Services  
     Healthy Start . . . . . (216) 987-7346  
 Cuyahoga County Public Defender -  
     Juvenile Div. . . . . (216) 443-7295  
 Cuyahoga County Public Library (Main) . . . . . (216) 398-1800  
     Bay Village. . . . . (440) 871-6392  
     Beachwood . . . . . (216) 831-6868  
     Berea. . . . . (440) 234-5475  
     Brecksville . . . . . (440) 526-1102  
     Brook Park . . . . . (216) 267-5250  
     Brooklyn . . . . . (216) 398-4600  
     Chagrin Falls. . . . . (440) 247-3556  
     Fairview Park . . . . . (440) 333-4700  
     Garfield Heights . . . . . (216) 475-8178  
     Gates Mills . . . . . (440) 423-4808  
     Independence. . . . . (216) 447-0160  
     Maple Heights . . . . . (216) 475-5000  
     Mayfield. . . . . (440) 473-0350  
     Middleburg Heights . . . . . (440) 234-3600  
     North Olmsted . . . . . (440) 777-6211

North Royalton . . . . . (440) 237-3800  
 Olmsted Falls . . . . . (440) 235-1150  
 Orange. . . . . (216) 831-4282  
 Parma Hts. . . . . (440) 884-2313  
 Parma - Ridge . . . . . (440) 888-4300  
 Parma - Snow . . . . . (216) 661-4240  
 Parma - South . . . . . (440) 885-5362  
 Richmond Branch . . . . . (440) 449-2666  
 Solon. . . . . (440) 248-8777  
 South Euclid-Lyndhurst . . . . . (216) 382-4880  
 Southeast . . . . . (440) 439-4997  
 Strongsville . . . . . (440) 238-5530  
 Warrensville . . . . . (216) 464-5280  
 Cuyahoga Heights Dept. of Recreation . . . . . (216) 641-7020  
 Cuyahoga Support Enforcement Agency . . . . . (216) 443-5100  
 Cystic Fibrosis Foundation -  
     Northern Ohio Chapter . . . . . (216) 292-4437  
 Diversity Center of Northeast Ohio . . . . . (216) 752-3000  
 Dobama Theatre . . . . . (216) 932-6838  
 Domestic Violence Center . . . . . (216) 651-8484  
     24-Hour Hotline . . . . . (216) 391-HELP (4357)  
 Dunham Tavern Museum . . . . . (216) 431-1060  
 E.J. Kovacic Recreation Center . . . . . (216) 664-4140  
 Earl B. Turner Recreation Center . . . . . (216) 420-8358  
 East Cleveland - Martin Luther King Jr.  
     Civic Center . . . . . (216) 851-1180  
 East Cleveland Neighborhood Center . . . . . (216) 932-3626

East Cleveland Police Athletic League . . . . . (216) 258-5550  
 East Cleveland Public Library (Main) . . . . . (216) 541-4128  
     Caledonia . . . . . (216) 268-6280  
     North. . . . . (216) 268-6283  
 Educational Service Center of Cuyahoga County (216) 524-3000  
 Employment Connection  
     Downtown Office . . . . . (216) 664-4673  
     Brookpark Office . . . . . (440) 698-2887  
 Empowerment Center of Greater Cleveland . . . . . (216) 432-4770  
 Epilepsy Association . . . . . (216) 579-1330  
 Esperanza . . . . . (216) 651-7178  
 Estabrook Recreation Center. . . . . (216) 664-4149  
 Euclid City School District (GRADS) . . . . . (216) 797-7846  
 Euclid Recreation . . . . . (216) 289-8114  
 Euclid Police Athletic League . . . . . (216) 289-2733  
 Euclid Public Library . . . . . (216) 261-5300  
 Family Connections . . . . . (216) 921-2023  
 Fairhill Partners . . . . . (216) 421-1350  
 Fairfax Recreation Center . . . . . (216) 664-4142  
 Fairview Hospital Westown  
     Physician Primary Medicine . . . . . (216) 941-8888  
 Fairview Park Recreation Dept. . . . . (440) 356-4444  
 Faith Baptist Community Center . . . . . (216) 881-8816  
 Fatima Family Center. . . . . (216) 391-0505  
 Federal Citizen Information Center . . . . . (800) 333-4636  
 Federal Trade Commission . . . . . (877) 382-4357  
 First Call For Help . . . . . 211 or (216) 436-2000

Food Addicts Anonymous - Cleveland . . . . . (440) 842-2822  
 Free Medical Clinic of Greater Cleveland . . . . (216) 721-4010  
 Friendly Inn Settlement House . . . . . (216) 431-7656  
 Gamblers Anonymous . . . . . (888) 424-3577  
 Garden Valley Neighborhood House . . . . . (216) 271-5480  
 Garfield Heights - Dept. of Recreation . . . . . (216) 475-7272  
 Gates Mills - Recreation Board . . . . . (440) 423-4405  
 Girl Scouts of North East Ohio . . . . . (800) 852-4474  
 Glenville Recreation Center . . . . . (216) 664-2516  
 Golden Ciphers . . . . . (216) 574-4888  
 Goodrich-Gannett Neighborhood Center . . . . . (216) 432-1717  
 Gospel House Prison Ministry . . . . . (440) 439-6555  
 Grammar Hotline . . . . . (216) 987-2050  
 Great Lakes Science Center . . . . . (216) 694-2000  
 Gunning Park Recreation Center . . . . . (216) 420-7900  
 Halloran Park Skating Rink . . . . . (216) 664-4187  
 Harvard Community Services Center . . . . . (216) 991-8585  
 Heights Parent Center . . . . . (216) 321-0079  
 Help Me Grow of Cuyahoga County . . . . . (216) 736-4300  
 Highland Heights - Recreation Dept. . . . . (440) 461-2440  
 HUMADAOP - Hispanic Urban  
     Minority Alcoholism and  
     Drug Abuse Outreach Program . . . . . (216) 459-1222  
     Hispanic Youth Center . . . . . (216) 875-2608  
 Huron Hospital Community Health Center . . . (216) 761-4258  
 Independence - Recreation Dept. . . . . (216) 524-3262  
 INROADS - North Central . . . . . (216) 623-1010

International Services Center . . . . . (216) 781-4560  
 International Women's Air  
     and Space Museum . . . . . (216) 623-1111  
 Jewish Family Service Assn. of Cleveland (JFSA) -  
     Drost Family Services Center . . . . . (216) 292-3999  
 John F. Kennedy Recreation Center . . . . . (216) 664-2572  
 Juvenile Diabetes Research Foundation . . . . (216) 542-6000  
 Karamu House . . . . . (216) 795-7070  
 Kenneth L. Johnson Recreation Center . . . . . (216) 664-4124  
 Lake Erie Nature and Science Center . . . . . (440) 871-2900  
 Lakewood City School District -  
     Community Recreation and Education . . . . (216) 529-4081  
 Lakewood Hospital Teen Health Center . . . . (216) 391-8336  
 Lakewood Public Library (Main) . . . . . (216) 226-8275  
     Madison Branch . . . . . (216) 228-7428  
 Laurelwood Counseling  
     Center of Beachwood . . . . . (216) 595-0500  
 League of Women Voters of Cleveland . . . . (216) 781-8375  
 Legal Aid Society . . . . . (216) 687-1900  
 Lesbian, Gay, Bisexual, Transgender  
     Community Service Center  
     of Greater Cleveland (LGBT) . . . . . (216) 651-5428  
 Lexington-Bell Community Center . . . . . (216) 391-4100  
 LGBT Community Center  
     of Greater Cleveland . . . . . (216) 651-5428  
 LGBT - Metro Youth Outreach . . . . . (888) 429-8761

## Linking Employment,

Abilities and Potential (LEAP) . . . . .	(216) 696-2716
Lonnie L. Burten Recreation Center . . . . .	(216) 664-4139
Mandel Jewish Community Center (JCC) . . . . .	(216) 831-0700
Maple Heights City School District (GRADS) . . . . .	(216) 587-3200
Maple Heights Parks and Recreation Dept. . .	(216) 663-0552
March of Dimes Birth Defects Foundation of Cleveland. . . . .	(216) 643-3330
May Dugan Center . . . . .	(216) 631-5800
Mayfield Heights - Dept. of Parks and Recreation . . . . .	(440) 442-2626 x267
Mayfield Village - Dept. of Parks and Recreation . . . . .	(440) 461-5163
Men of BRICK . . . . .	(216) 701-5299
Mental Health Services . . . . .	(216) 623-6888
Merrick House . . . . .	(216) 771-5077
MetroHealth Center for Community Health - WIC Office . . . . .	(216) 961-2233
MetroHealth Medical Center (Main) . . . . .	(216) 778-7800
Counseling . . . . .	(216) 778-4428
Asia Plaza . . . . .	(216) 861-4646
Broadway . . . . .	(216) 957-1500
Buckeye - Pediatrics (Youth). . . . .	(216) 957-4100
Buckeye - Women's Health . . . . .	(216) 957-4150
J. Glenn Smith . . . . .	(216) 249-3600

Lee-Harvard . . . . .	(216) 957-1200
McCafferty . . . . .	(216) 651-3740
Michael Zone Recreation Center . . . . .	(216) 664-3373
Middleburg Heights Community Center . . . . .	(440) 234-2255
Murtis Taylor Human Services System . . . . .	(216) 283-4400
Museum of Contemporary Art Cleveland (MOCA) . . . . .	(216) 421-8671
National Assn. for the Advancement of Colored People - NAACP Cleveland Branch. . . . .	(216) 231-6260
National Runaway Switchboard . . . . .	(800) RUNAWAY (786-2929)
Neighborhood Family Practice . . . . .	(216) 281-0872
Tremont . . . . .	(216) 334-2800
Near West Theatre . . . . .	(216) 961-9750
New Directions . . . . .	(216) 591-0324
Newburgh Heights . . . . .	(216) 641-4650
North Coast Health Ministry . . . . .	(216) 228-7878
North Olmsted Recreation Complex . . . . .	(440) 734-8200
North Royalton - Recreation Dept. . . . .	(440) 237-5646
Northeast Ohio Neighborhood Health Services - NEON NEON - Collinwood. . . . .	(216) 851-1500
NEON - East Cleveland . . . . .	(216) 541-5600
NEON - Hough. . . . .	(216) 231-7700
NEON - Norwood . . . . .	(216) 881-2000

NEON - Southeast . . . . . (216) 751-3100  
 NEON - Superior . . . . . (216) 851-2600  
 Northern Ohio Hemophilia Foundation . . . . . (216) 834-0051  
 Northern Ohio Recovery Assn. . . . . (216) 391-6672  
 Oakwood Village - Recreation Dept. . . . (440) 232-9988 x105  
 Ohio Attorney General. . . . . (800) 282-0515  
 Ohio City Bicycle Co-op . . . . . (216) 830-2667  
 Ohio Civil Rights Commission -  
     Cleveland Regional Office . . . . . (216) 787-3150  
 Ohio Council on Problem Gambling  
     Problem Gambler's Hotline . . . . . (800) 589-9966  
 Ohio Dept. of Commerce -  
     Wage and Hour Div. . . . . (614) 644-2239  
 Ohio State University Extension -  
     Cuyahoga County . . . . . (216) 429-8200  
 Ohio State University Office  
     of Minority Affairs . . . . . (216) 634-2196  
 Olmsted Community Center . . . . . (440) 427-1599  
 Orange Community Education  
     and Recreation Dept. . . . . (216) 831-8601  
 Overeaters Anonymous . . . . . (866) 268-2160  
 Parma Department of  
     Parks and Recreation . . . . . (440) 885-8144  
 Parma Heights - Dept. of Recreation . . . (440) 884-9600 x37  
 Partnership for a Safer Cleveland . . . . . (216) 523-1128  
 Passages . . . . . (216) 881-6776  
 Passport Project . . . . . (216) 721-1055

Phillis Wheatley Assn. . . . . (216) 391-4443  
 Planned Parenthood . . . . . (216) 961-8804  
     Bedford . . . . . (440) 232-5040  
     East Cleveland . . . . . (216) 851-8108  
     Old Brooklyn . . . . . (216) 661-1545  
     Rocky River . . . . . (440) 333-1020  
     Shaker . . . . . (216) 421-8076  
 Poison Control Center . . . . . (800) 222-1222  
 Polaris Career Center (GRADS) . . . . . (440) 891-7648  
 Preterm . . . . . (216) 991-4000  
 Prevent Blindness Ohio - NE Ohio Chapter . . (440) 842-1284  
 Prison Fellowship Ministries . . . . . (440) 734-9270  
 Problem Gambler's Hotline . . . . . (800) 589-9966  
 Rainey Institute . . . . . (216) 881-1766  
 Recovery Resources . . . . . (216) 431-4131  
 Richmond Heights - Recreation Dept. . . . . (216) 383-6313  
 Rock and Roll Hall of Fame and Museum . . . (216) 781-7625  
 Rocky River - Don Umerley Civic Center . . . (440) 895-2599  
 Rocky River Public Library . . . . . (440) 333-7610  
 Safe School Helpline . . . . . (800) 418-6423 x359  
 Safe School Hotline (for CMSD) . . . . . (216) 771-7233  
 Salvation Army . . . . . (216) 861-8185  
 Services for Independent Living . . . . . (216) 731-1529  
 Seven Hills - Community Recreation Center . . (216) 524-6262  
 Shaker Heights  
     Community Life Dept. . . . . (216) 491-1295

Shaker Heights Public Library . . . . . (216) 991-2030  
 Bertram Woods Branch . . . . . (216) 991-2421  
 Shaker Heights Youth Center . . . . . (216) 752-9292  
 Singing Angels . . . . . (216) 432-5555  
 Social Security Administration . . . . . (800) 772-1213  
 Solon Community Center . . . . . (440) 248-5747  
 South Euclid/Lyndhurst  
 Recreation Commission . . . . . (216) 691-2246  
 St. Malachi Center . . . . . (216) 771-3036  
 St. Martin DePorres Center . . . . . (216) 268-3909  
 Starting Point for Childhood  
 and Early Education . . . . . (216) 575-0061  
 Stella Walsh Recreation Center . . . . . (216) 664-4658  
 Sterling Recreation Center . . . . . (216) 664-2573  
 Strongsville - Ehrnfelt Recreation Center . . . . (440) 580-3260  
 Support To At-Risk Teens (START) -  
 After-School Prevention Resources . . . . . (216) 651-6841  
 West Haven Youth Shelter . . . . . (216) 941-0062  
 Thurgood Marshall Recreation Center . . . . . (216) 664-4045  
 U.S. Dept. of Labor - Cleveland District Office -  
 Wage and Hour Div. . . . . (216) 357-5400  
 U.S. Equal Employment  
 Opportunity Commission . . . . . (800) 669-4000  
 United Cerebral Palsy Assn.  
 of Greater Cleveland . . . . . (216) 791-8363  
 United Hearts Life Mission Center . . . . . (216) 459-9839

UNCF - United Negro College Fund . . . . . (216) 781-8623  
 United Way's 211/First  
 Call For Help . . . . . 211 or (216) 436-2000  
 University Circle Inc. . . . . (216) 791-3900  
 University Heights Recreation Dept. . . . . (216) 932-7800  
 University Hospitals  
 Immunology Unit . . . . . (216) 844-7890  
 Otis Moss Jr. Medical Center . . . . . (216) 721-2177  
 Women's Health Center . . . . . (216) 844-3896  
 University Settlement . . . . . (216) 641-8948  
 Family Resource Center . . . . . (216) 441-2907 x228  
 Valley View Community Center . . . . . (216) 524-9365  
 Walton Hills - Recreation Dept. . . . . (440) 232-7800  
 Warrensville Heights Recreation . . . . . (216) 752-3155  
 Warrensville Heights City  
 School District (GRADS) . . . . . (216) 295-7710  
 WestHaven Youth Shelter . . . . . (216) 941-0062  
 West Side Community House . . . . . (216) 771-7297  
 Western Reserve Historical Society . . . . . (216) 721-5722  
 Westlake - Dept. of Recreation . . . . . (440) 808-5700  
 Westlake Porter Public Library . . . . . (440) 871-2600  
 Windsor Laurelwood Counseling  
 Center of Beachwood . . . . . (216) 595-0500  
 Witness/Victim Service Center . . . . . (216) 443-7345  
 Womankind Maternal and  
 Prenatal Care Center . . . . . (216) 662-5700

YMCA of Greater Cleveland . . . . .	(216) 344-0095
Downtown YMCA . . . . .	(216) 344-7700
Euclid YMCA . . . . .	(216) 731-7454
Hillcrest YMCA . . . . .	(216) 382-4300
Lakewood YMCA . . . . .	(216) 521-8400
Ridgewood YMCA . . . . .	(440) 842-5200
Southeast YMCA . . . . .	(216) 663-7522
West Park YMCA . . . . .	(216) 941-5410
West Shore YMCA. . . . .	(440) 871-6885
Y Express (Parmatown). . . . .	(440) 887-0430
YWCA of Cleveland . . . . .	(216) 881-6878
Youth Challenge . . . . .	(440) 892-1001
Youth Opportunities Unlimited (YOU) . . . . .	(216) 566-5445
Zelma George Recreation Center . . . . .	(216) 420-8800

## glossary

**ACCOMPANIMENT:** Taking someone along for support.

**ADOLESCENT:** A young person who is in the process of developing from a child into an adult, generally age 13 to 19.

**ADVOCACY:** Supporting a group or a person; working on their behalf.

**AFTERCARE:** Services given to a client or patient after they have been treated, such as in a hospital or through a drug treatment program.

**AIDS (ACQUIRED IMMUNE DEFICIENCY SYNDROME):** AIDS is the final life-threatening stage of HIV (human immunodeficiency virus). The body's defense system, which keeps us from getting sick, becomes severely damaged, destroying the body's ability to fight off infection and illness.

**ANEMIA:** A condition of having a low level of red blood cells or too little hemoglobin in the blood. It results in an insufficient amount of oxygen being carried by the blood. Some symptoms of anemia include extreme fatigue, weakness, dizziness, fainting and shortness of breath.

**ANONYMOUS:** Your name or other identifying information will not be asked; you will be identified as a number.



**ANOREXIA NERVOSA:** Eating disorder characterized by a severely distorted body image, malnutrition and unusually excessive weight loss. It can be very serious, even deadly. Most people with anorexia are very thin but don't see themselves that way. Weight is lost through fasting, excessive exercise and/or purging.

**ASSESSMENT:** To evaluate a situation in order to determine if a problem or condition exists and its severity.

**BINGE-EATING DISORDER:** Eating disorder characterized by eating an excessive amount of food within a short period of time and by a sense of lack of control over eating. Usually you do not force yourself to get rid of your food by vomiting or using laxatives.

**BULIMIA:** Eating disorder characterized by a cycle of binge eating followed by purging of the food. After eating compulsively, a bulimic will throw up, take laxatives or pills to make the body lose water weight, engage in excessive exercise, or fast (eat no food at all). Negative effects include: ulcers, hernias, ruptured stomach or esophagus, dental problems, and even heart attacks.

**CHEMICAL DEPENDENCY:** Your body has become resistant to a drug(s) and requires increasingly more and more of the drug(s) in order to function normally.

**CHRONIC:** Lasting a long period of time.

**CLINIC:** A place to go for outpatient health care that may be part of a hospital or separate health center. Some clinics offer free or low-cost services.

**COERCION:** To be forced into doing something you do not want to do.

**COMPULSIVE:** Someone who does something a lot and is unable to stop, such as a compulsive gambler.

**CONFIDENTIAL:** Your information such as name and age will be taken, but will not be given out without your permission.

**CONSUMER:** Someone who buys and uses goods and services.

**CURFEW:** Certain hours during which minors are required by law to be in their homes unless they are accompanied by a parent, legal guardian, or other responsible adult. Youth curfew laws may vary for different cities and ages.

**CYBERBULLYING:** Using technology such as e-mail, instant messaging, text messaging, social networks or blogs to spread rumors, make threats, harass, intimidate or make fun of someone.

**DEPRESSION:** A psychiatric disorder with symptoms such as an inability to concentrate, sleep, or eat; to have extreme feelings of sadness, guilt, helplessness and hopelessness.

**DIAGNOSTIC TEST:** A test to determine the presence or lack of a medical condition.

**DISCRIMINATION:** Treating a person or group unfairly based on prejudice about race, ethnic group, age, religion, sexual orientation, or gender.

**DISPUTE:** To argue, debate, or disagree about a situation.

**ENRICHMENT:** A way to become more knowledgeable; to add to or increase what you already know.

**FEE BASED ON INCOME:** The service provider will look at what you or your parents earn to determine your ability to pay.

**FELONY:** A major crime such as murder, arson, rape, etc., that is punishable by imprisonment, large fines, long-term probation, house arrest, etc.

**FIXED FEE:** The fee for service stays the same for all individuals.

**HIV (HUMAN IMMUNODEFICIENCY VIRUS):** HIV is the virus that causes AIDS by breaking down the body's system for protecting itself. This leaves an infected person open to attack by many different illnesses which would not normally be a threat to a healthy person.

**GUARDIAN:** Someone who is legally responsible for another person's health and well-being.

**IMMUNIZATION:** Usually given as a shot to protect you from disease and to prevent the spread of disease.

**INCARCERATED:** To be confined (locked up) in a prison or jail.

**IN-CRISIS:** When a person is in a very stressful situation that may change their life.

**INPATIENT:** A patient who needs to stay overnight or longer in a hospital or clinic for treatment.

**INTERVENTION:** To interrupt or to come in between in order to settle or stop a situation.

**MEDIATION:** An attempt by someone to bring about a peaceful settlement between two parties.

**MENTOR:** A trusted counselor, teacher, or other adult who helps to guide you. A person that you look up to.

**MISDEMEANOR:** Any minor offense such as underage drinking, shoplifting, etc., that can have punishment of fines, community service, etc.

**OUTPATIENT:** A patient in a clinic, hospital, counseling service, etc., whose treatment does not require an overnight stay.

**OUTREACH:** An attempt to inform people about services and to try to get them to use the service. May be targeted to specific populations.

**PEER:** Person who has equal standing with another or others, as in rank, class, or age.

**PHARMING:** Going through others' medicine cabinets, purses, bags, etc., in order to find and take their prescription drugs.

**PHARM PARTIES:** Parties where the guests bring prescriptions, their own and others. All the pills are combined in a bowl and the participants take them, sometimes by handfuls, which can result in deadly consequences.

**PREJUDICE:** A judgment or opinion that is formed without knowing or examining the facts (to like or dislike someone or something without good reason).

**PREVENTION:** To stop something from happening through education.

**PSYCHIATRIC:** Branch of medicine dealing with disorders of the mind.

**REFERRAL:** When one agency tells you where to go to get the help you need.

**REHABILITATION:** Using medical treatment, physical or psychological therapies, or other forms of treatment to bring about the best possible state of health.

**SCREENING (HEALTH SCREENING):** A test to determine if there is any chance that you have a disease or medical condition.

**SEXTING:** Sending electronically or posting online nude or semi-nude pictures or videos of yourself or others or messages of a sexual nature.

**SICKLE CELL ANEMIA:** An inherited anemia that causes red blood cell dysfunction. Occurs mostly in African-Americans. Some symptoms include fever, joint pain and infections.

**STDs (SEXUALLY TRANSMITTED DISEASES):** Any of various diseases including herpes, HIV, chlamydia, gonorrhea and syphilis that are contracted through any sexual contact. Also known as STIs (Sexually Transmitted Infections).

**STIPEND:** A regular or fixed sum of money paid for services; money used for a specific purpose.

**SUBSTANCE ABUSE:** To intentionally misuse alcohol or other drugs. The improper use of a drug.

**THIRD PARTY PAYMENT:** Accepts payment from health insurance provider or other source.

**TRANSGENDER:** To transcend one's gender. Individuals who do not identify with the traditional gender roles of their biological sex. Also refers to those who choose non-traditional ways for gender expression, such as transsexuals, cross-dressers, drag kings and queens.

**TREATMENT:** To provide care for a physical or mental health condition.

## Acknowledgements

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Information, agencies, facts and the needs of young people are always changing. Your assistance is critical in keeping this guide updated, accurate and informative. Please direct your thoughts to [fcfh@uws.org](mailto:fcfh@uws.org). Thank you!

# hotlines + helplines



[www.211cleveland.org/youthpages](http://www.211cleveland.org/youthpages)

There are places you can call when you need someone to talk to or if you need information right away. Many of the numbers listed are available 24 hours a day, 7 days a week.

- Al-Anon/Alateen** .....(216) 621-1381
- Alcoholics Anonymous** .....(216) 241-7387
- Bellefaire Homeless Youth Program** (216) 570-8010  
(Runaway and Homeless Youth) 24/7
- Bellflower Center for** .....(216) 229-8800  
Prevention of Child Abuse 24/7
- Cleveland Rape Crisis Center** .....(216) 619-6192  
24/7
- Cuyahoga County**.....(216) 696-KIDS (5437)  
Department of Children 24/7  
and Family Services  
Child Abuse Prevention Hotline
- Domestic Violence Center**.....(216) 391-HELP (4357)  
24/7
- Lesbian, Gay, Bisexual, Transgender (LGBT)** .....(216) 651-5428  
Community Center of Greater Cleveland

**Mental Health Services** .....(216) 623-6888  
 24-hour Mobile Crisis Unit 24/7  
**National Runaway** (800)RUNAWAY (786-2929)  
 Switchboard 24/7  
**Poison Control Center**.....(216) 222-1222  
 24/7  
**Problem Gamblers' Hotline** .....(800) 589-9966  
**Recovery Resources** .....(216) 431-4131  
 (Drug and Alcohol Info)  
**Safe School Helpline**..... (800) 418-6423 x359  
 24/7  
**Safe School Hotline** .....(216) 771-SAFE (7233)  
 (Cleveland Metropolitan  
 School District Only) 24/7  
**United Way's 211** .....211 or (216) 436-2000  
 24/7  
**Westhaven Youth Shelter** .....(216) 941-0062  
 24/7

## notes

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## frequently used numbers





**PREVENT + PROMOTE + PROVIDE**  
**[www.ccbh.net](http://www.ccbh.net)**



**COMMISSIONERS**

**Jimmy Dimora**

**Timothy F. Hagan**

**Peter Lawson Jones**



**Family & Children**  
First Council

**[www.fcfc.cuyahogcounty.us](http://www.fcfc.cuyahogcounty.us)**



**or (216) 436-2000**

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24 hours a day, seven days a week**

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