

San Jose Community Resources

Our communities are often rich in services we don't know exist, so we have to be proactive about asking for what we need and keep asking many different ways until we find someone who understands our need and can help us or refer us for help. If you ask for help and you don't get what you need, TRY AGAIN! No one is an all knowing "THEY", not even the computer. The internet is also a sea of amazing resources to aid you as you seek information to empower yourself. As you gather information to change your situation, be sure to share the resources you find with others who may also need this information. Withholding information is one of the greatest tragedies; it is free to share and has the power to change lives! We only become what we know exists! This is only a partial listing of resources for teens in your local area. Also call 211 on your phone or visit <https://www.211bayarea.org/santaclara/> for more resources.

Resources for Students with Disabilities

- Some high schools and colleges have a program called Workability. These programs are operated through Department of Rehabilitation and people who have been injured or hurt and can no longer perform their previous profession can often get money, resources, and accommodations to "retrain".
 - <https://www.cde.ca.gov/sp/se/sr/wrkabltyl.asp>
- Most colleges have a student service office for students with disabilities. Those offices can help students with the entire college process, testing, accommodations, financial aid, etc. Below are some examples at local colleges.
 - <http://www.sjcc.edu/future-students/support-programs/dsp-s>
 - <http://www.sjsu.edu/aec/>

Classes and Events for Teens

- The library offers a variety of free classes and events for teens.
 - <https://www.sjpl.org/events-list>

Homework Help

- The library offers a variety of resources for homework help.
 - <https://www.sjpl.org/studenthelp>

SAT/ ACT Test Prep

- The library offers a variety of databases like learning express that offer SAT/ACT prep.
 - <https://www.sjpl.org/teenhomework>

College and Scholarship Research

- The library offers a database to help you research colleges and scholarships
 - <https://www.sjpl.org/teenhomework>

Youth Health and Counseling Resources

- www.sutterhealth.org/pamf/health/teens
- Avcounseling.org

Educational/ Internships/ Volunteer Programs

- STEAM Program
 - <http://bayareateenscience.org/For-Teens-Overview>
- Media internship
 - www.creatvsj.org/connect/volunteer-intern/
- Hospital Internship
 - <https://regionalmedicalsanjose.com/community/volunteer-activities.dot>
- Leadership Training
 - Sjd6.org/youth-commission

Youth Work Training Providers

- Job Corp provides youth ages 16-24 FREE education, housing, food, child care, clothing, laundry, recreation, and community.
 - <https://sanjose.jobcorps.gov/train>
- <https://work2futurefoundation1.org/>
- Apprentice Programs pay you while you learn. They have cosmetology, construction, plumbing, welding,

social media, and so much more. Check out all their programs so you can start working and getting paid right away and learn as you go! Many apprentices join the union after and have a long and stable career. Compare and contrast this option with your local community college programs and technical schools and decide what is best for you.

- <https://www.dir.ca.gov/databases/das/aigstart.asp>

Certifications

Food Handling

- https://www.sccgov.org/sites/cpd/programs/fsp/Documents/FP_FSC_Providers.pdf

CPR/ FIRST AID/ BABYSITTING/ WATER SAFETY

- <http://southbaytrek.com/safety.html>
- <https://www.redcross.org/local/california/take-a-class/lifeguarding-san-jose-ca>
- <http://www.sanjosecprcertification.com/>
- <https://www.chistjoseph.org/classes-and-events/community-classes/cpr-first-aid-training>

College/ Financial Aid/ Fee Waivers

- The promise program allows you to access two years of college for free right after high school
 - <http://www.sjeccd.edu/home/san-jose-promise>
- College does not have to be expensive. You have to find the right program and the right person, and the right application and you should be able to achieve your goals. Everyone should apply for the FASA through this website if they plan to access training via an educational institution. <https://fafsa.ed.gov/> There are many scam sites out there, be sure you only access the one ending in gov.
- Be sure to apply for all of the scholarships on campus and sign up for programs like EOPS, EOP, SAIL, etc. which offer additional support and aid for low-income first-generation students. Here are some local examples of these programs. Check your colleges for like programs.
 - <http://www.sjcc.edu/current-students/student-affairs>

Free Online Learning

- <https://www.coursera.org/>
- <https://www.edx.org>
- <https://www.canvas.net/>
- www.khanacademy.org
- <http://www.gcflearnfree.org/>
- <https://www.udacity.com>
- <https://www.instructables.com/>
- <https://www.skillshare.com/>

Interest Specific Job Search Sites

- hurdlr.com/blog/on-demand-economy-gigs GIG ECONOMY JOBS
- idealist.org NON PROFITS
- edjoin.org CALIFORNIA PUBLIC EDUCATION
- hercjobs.org CALIFORNIA COLLEGES AND UNIVERSITIES
- cccregistry.org CALIFORNIA COMMUNITY COLLEGES
- dice.com TECHNOLOGY BASED COMPANIES
- hcareers.com HOSPITALITY
- workinsports.com SPORTS

Speaking Practice

- www.toastmasters.org

Self-Employment Resources

- <https://www.sjpl.org/event/teen-entrepreneurs-club>
- <http://www.sjsu.edu/svce/>