



# Education & Community Resource Guide



## Mental Health

Organization Name	Description	Contact	
Break the Cycle	Break the Cycle’s mission is to engage, educate and empower youth to build lives and communities free from domestic and dating violence. Our priorities are to educate teens and young adults about domestic violence, encourage youth activism, and advocate for systemic change to increase and protect the rights of young people.	<a href="http://www.breakthecycle.org/">http://www.breakthecycle.org/</a>	202-824-0707
Child Welfare League of America	CWLA leads and engages its network of public and private agencies and partners to advance policies, best practices and collaborative strategies that result in better outcomes for children, youth and families that are vulnerable.	<a href="http://www.cwla.org/">http://www.cwla.org/</a>	202-688-4200
Crittenton Services of Greater Washington	Crittenton Services delivers goal-setting programs that address key issues in the lives of teen women: pregnancy prevention, healthy relationships and teen parenting. By demystifying the key issues of health education, self-esteem, pregnancy, STI prevention and the fundamentals of healthy relationships, Crittenton is creating stronger, healthier communities in the Greater Washington area.	<a href="http://www.crittentonservices.org/">http://www.crittentonservices.org/</a>	301.565.9333
DC Alliance for Restorative Practices, The	Our mission is to raise awareness around, advocate for, and support the integration of evidence-based restorative practices in the District of Columbia.	<a href="https://www.facebook.com/DCAllianceForRestorativePractices">https://www.facebook.com/DCAllianceForRestorativePractices</a>	
DC Rape Crisis Center	The DC Rape Crisis Center is a non-profit organization 501(c) 3 and the designated sexual assault coalition for the District of Columbia. DCRCC is one of the first rape crisis centers in the nation and has spent the past 43 years listening to the stories of survivors of sexual assault. In our 43rd year, we are working to empower a culture of consent.	<a href="http://dcrcc.org/">http://dcrcc.org/</a>	202-232-0789
DC SAFE	Our mission is to ensure the safety and self-determination of domestic violence survivors in Washington, DC through emergency services, court advocacy and system reform.	<a href="http://dcsafe.org/">http://dcsafe.org/</a>	202-879-0720 or 202-561-3000
Fightlady Fitness	Fightlady Fitness introduces girls to the exercise of boxing, which will aid them in discipline, image enhancement, character building and healthy lifestyles. Fightlady provides education on boxing, diet, exercise, nutrition, weight discipline and health. It encourages and inspires females to realize their full potential in life and to pursue a career in professional boxing industry or in a healthier way of living.	<a href="http://www.fightlady.org/">http://www.fightlady.org/</a>	202.412.3339
Girls on the Run (GOTR)	GOTR uses the power of running to prepare and educate girls for a lifetime of self-esteem and healthy living. This includes empowering girls to avoid participation in at-risk activities, such as substance/alcohol use, eating disorders and the early onset of sexual	<a href="http://www.gotrdc.org/">http://www.gotrdc.org/</a>	202.258.7876



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	activity, sedentary lifestyle, depression, suicide attempts and confrontations with the juvenile justice system.		
La Clinica del Pueblo	Counseling and support for battered immigrant and Hispanic women	<a href="http://lcdp.org">http://lcdp.org</a>	202-462-4788
People Animals Love (PAL)	Kids + animals + academics = achievement and excitement. PAL Afterschool Program and Summer Camp (PAL Club) starts with students' natural affinity and curiosity for animals, mixes in committed and caring teachers and operates in close collaboration with the principal. People Animals Love works with the committed staff of Stanton Elementary to use best practices in afterschool and summer programming so kids excel—and have a great time doing it.	<a href="http://www.peopleanimalslove.org/">http://www.peopleanimalslove.org/</a>	202.966.2171
Prodigy Student Support Services	Prodigy is an afterschool program that promotes social and emotional development while addressing psychological and mental health issues that present major barriers to learning. The program provides peer group counseling to advance achievement, build student expectations for future success and increase social behavior and character development. Prodigy develops youth who are empowered to embrace collective pride and individual purpose.		202.510.4192
Rape, Abuse, & Incest National Network	RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization and was named one of "America's 100 Best Charities" by Worth magazine. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE and online.rainn.org) in partnership with more than 1,100 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense.	<a href="http://rainn.org">http://rainn.org</a>	800-656-HOPE(4673)
Sasha Bruce	Sasha Bruce Youthwork (SBY) improves the lives of homeless, runaway, abused and neglected youth and their families in the Washington DC area. This year marked our Ruby Anniversary. For four decades, we've reunited more than 13,000 homeless youth with strengthened families.	<a href="http://sashabruce.org">http://sashabruce.org</a>	202-547-7777
So Others Might Eat	SOME (So Others Might Eat) is an interfaith, community-based organization that exists to help the poor and homeless of our nation's capital. We meet the immediate daily needs of the people we serve with food, clothing, and health care. We help break the cycle of homelessness by offering services, such as affordable housing, job training, addiction treatment, and counseling, to the poor, the elderly and individuals with mental illness.	<a href="http://some.org/">http://some.org/</a>	202-797-8806
Soccer Tots	The SoccerTots enrichment classes develop social skills and promote physical fitness in a structured and fun way. In addition, self-esteem and team building lessons help children	<a href="http://www.soccertotsdc.com/">http://www.soccertotsdc.com/</a>	202.550.2596



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	to be better attuned to the class room.		
Students Taking Charge (Action for Healthy Kids)	The Take Charge Program offers pre-delinquent and delinquent prevention, intervention and behavior modification services. Afterschool programming consists of life skills development, character building workshops and team sports.	<a href="http://www.takechargeprogram.org/">http://www.takechargeprogram.org/</a>	301.420.7395
Teens Count, Inc.	Teens Count works with students, parents, families and high school administrators to organize unique fashion oriented programs. Teens Count allows for the learning and exploration of fashion through fun, adventurous, educational and culturally significant activities. The program builds skill and confidence on the runway, enhances total wellness and self-esteem, stresses the importance of fitness and nutrition and develops live performance techniques	<a href="http://www.teenscount.org/">http://www.teenscount.org/</a>	202.413.2950
United Planning Organization (UPO)	UPO offers afterschool programs that help students develop more positive attitudes towards learning. Children are taught using a model curriculum that supports children and families around five central areas: high quality academic enrichment, parent and family involvement, civic engagement and social action, intergenerational development and nutrition, health and mental health.	<a href="http://www.upo.org/">http://www.upo.org/</a>	202.583.8650
Woman's Center, The	Nonprofit counseling and psychological center for women, men, and families in the Metropolitan Washington area.	<a href="http://thewomenscenter.org">http://thewomenscenter.org</a>	(202) 293-4580