

# Truckee North Tahoe Stress Busters Resource List

Local resources to help youth regulate stress

## Supportive Relationships:

4Roots Youth Wellness Center (Part of Gateway Mountain Center)

<https://www.sierraexperience.org/youth-wellness-center>

530-426-2110

*A beautiful, welcoming and innovative space to hang out or decompress, connect with like-minded youth, take a class, make some art, do homework, or grab a smoothie. A safe space is also a place where youth can hold different views and respect the dialogue that offers perspective taking.*

Adventure Risk Challenge - Community Leadership programs

[www.adventureriskchallenge.org/programs/](http://www.adventureriskchallenge.org/programs/)

207-837-9903

Alta California Regional Center <https://www.altaregional.org/>

(916) 978-6400 (located in Sacramento, CA)

*Alta assists individuals with specific developmental disabilities (Intellectual Disability, Cerebral Palsy, Epilepsy, and Autism Spectrum Disorder) and their families in accessing appropriate services so that every individual can live up to their highest potential.*

Aim High [www.aimhigh.org](http://www.aimhigh.org)

415-551-2323

*Closes the opportunity gap for under-resourced middle school youth by providing them with a free summer learning program. Summers at Aim High are rigorous, enriching, and joyful.*

Big Brothers Big Sisters [www.bbbsns.org](http://www.bbbsns.org)

530-265-2059

*Provide children facing adversity with strong and enduring professionally supported, one to one relationships that change their lives for the better forever!*

Boys and Girls Club of North Lake Tahoe [www.bgcnl.org](http://www.bgcnl.org)

530-582-3760

*To inspire and enable all young people, especially those who need us most, to realize their full potential as productive, responsible, and caring citizens*

Courage Project [www.courageproject.org](http://www.courageproject.org)

*Through mindful engagement in inspiring outdoor experiences, we aim to enhance the lives of children who experience anxiety and depression and their families.*

KidZone Museum [www.kidzonemuseum.org/](http://www.kidzonemuseum.org/)

530-587-5437

*Our mission, to inspire learning through creative play and discovery, is achieved by welcoming all families to play, discover and connect to others, in museum hands-on play exhibits; and science, art and literacy programs that are focused on child development. The museum offers unlimited scholarships for museum admission, camps and transportation.*



# Truckee North Tahoe Stress Busters Resource List

Local resources to help youth regulate stress

## Libraries

*Summer learning programs, story times, art and craft events, community talks and much more. State park passes are available for checkout at each local library.*

Incline Village Library 845 Alder Avenue Incline Village, Nevada 775-832-4130

Kings Beach Library 301 Secline Street, Kings Beach, CA 530-546-2021

Tahoe City Library 740 North Lake Boulevard, Tahoe City, CA 530-583-3382

Truckee Library 10031 Levon Avenue Truckee, CA 530-582-7846

## Scouts

Boy Scouts of America (BSA) <https://www.scouting.org/>

*Scouts BSA is the traditional Scouting experience for boys and girls ages 11-17. Develop a love of service by volunteering in your community, boost your leadership skills through fun and exciting challenges, and create memories of a lifetime with no prior Scouting experience required!*

Cub Scouts <https://www.scouting.org/programs/cub-scouts/>

*Cub Scouts is for boys and girls, kindergarten to 5th grade. Youth develop the foundations for leadership, citizenship, and personal fitness through fun activities involving parents and legal guardians.*

Girls Scouts Sierra Nevada <https://mygs.girlscouts.org/>

*Girl Scouts is more than an activity—it's a Movement dedicated to building girls of courage, confidence, and character who make the world a better place.*

Sierra Community House [www.sierracommunityhouse.org](http://www.sierracommunityhouse.org)

530-546-0952 Monday - Friday 9-5; or 800-736-1060 (24-hr Helpline)

*We connect and empower our community through family strengthening, crisis intervention, hunger relief and legal services.*

- *Promotora workshops & mental health education*
- *Support groups for survivors of domestic violence, sexual violence, & other traumas.*
- *Support groups for parents (Family Room, Mom's Café, Breastfeeding Support, Parent Café)*
- *Youth Empowerment Groups & Youth Leadership Groups (Be the Change, Peace Project)*

SOS Outreach: [www.sosoutreach.org](http://www.sosoutreach.org)

775-298-0261

*Inspiring Youth to Make Positive Decisions for Healthy and Successful Lives.*

Tahoe Family Solutions <https://tahoefamily.org/>

775-413-5145

*Tahoe Family Solutions offers an array of community-based services tailored to the needs of its local residents. Education, mental health and youth development are primary areas of TFS's focus.*

## Truckee North Tahoe Stress Busters Resource List

Local resources to help youth regulate stress

Tahoe Truckee Unified School District Wellness Centers <https://www.ttusd.org/Page/1760>

Kim Bradley  
TTUSD Wellness Manager  
(530) 582-2575

Hilary Jimenez  
Wellness Center Liaison  
North Tahoe High School  
(530) 581-7000 ext. 22517

Antja Thompson  
Wellness Center Liaison  
Truckee High School  
(530) 530-582-2600 ext. 37118

Alder Creek Middle School  
(530) 582-2750

North Tahoe Middle School  
(530) 581-7050

### Tutoring

Clever Minds Learning Center <https://www.cleverminds.org/> 530-582-1707

Tahoe Tutoring <https://tahoetutoring.com/> 775-298-2960

Whole Hearts, Minds and Bodies – Nature-based Therapeutic mentoring

[www.sierraexperience.org/whole-hearts-minds-bodies](http://www.sierraexperience.org/whole-hearts-minds-bodies)

530-426-2110

*Clinically supervised, 1-on-1, nature-based therapeutic mentoring for youth with serious emotional disturbance related to mental or behavioral health and/or substance abuse issues.*

# Truckee North Tahoe Stress Busters Resource List

Local resources to help youth regulate stress

## Physical Activities

Incline Village General Improvement District – Parks and Rec [www.yourtahoeplace.com](http://www.yourtahoeplace.com)

877-468-4397

*Athletics, swimming, youth camps and more*

Tahoe City PUD – Recreation Programs <https://www.tcpud.org/recreation-programs>

530-583-3796

*Enrichment, fitness, preschool, afterschool programs, summer camps and more*

Tahoe Forest Center for Health <https://www.tfhd.com/center-health>

530-587-3769

*Pilates – reformer workshops and private lessons; Personal training*

Truckee-Donner Parks and Recreation & Park District [www.tdrpd.org](http://www.tdrpd.org)

530-582-7720

*Enrichment, sports, swimming, arts, dance, summer camps and more!*

### Baseball/Softball

North Tahoe Little League <https://www.norhtahoelittleleague.com/>

Truckee Little League <https://www.truckeelittleleague.com/>

Tahoe Tessies - Girls Fast-Pitch Softball Travel Team Ages 10 – 16; For more information, call Tammy Inis at 530-562-7400

### Biking

Truckee North Tahoe Junior Cycling/Mountain Biking <https://www.rideontnt.org/>

[info@rideontnt.org](mailto:info@rideontnt.org)

*Entry-level development program (4<sup>th</sup>-5<sup>th</sup> graders), recreation program (6<sup>th</sup> – 12<sup>th</sup> graders) and enduro/racing options available. Scholarships and financial support available.*

Tahoe XC – Mountain Biking Program <https://tahoexc.org/programs/junior-mountain-riders>

530-583-5475

*Mountain biking program for kids ages 7-11.*

### Climbing

High Altitude Fitness Youth Climbing Programs <https://www.highaltitudefit.net/youth-climbing-programs>

775-831-4212

*Year-round climbing programs & teams for ages 5-18 years old*

## Truckee North Tahoe Stress Busters Resource List

Local resources to help youth regulate stress

### Cross Country Skiing and other Winter Sports

Auburn Ski Club <https://www.asctrainingcenter.org/>

530-426-3313

*The ASC is a non-profit snow sports organization dedicated to the lifelong enjoyment of snow sports for families and athletes. Alpine, Nordic, biathlon and snowboard athletic programs for youth ages 4+.*

### Tahoe XC – Cross Country (Nordic) Skiing and Mountain Biking Programs

<https://tahoexc.org/programs/>

530-583-5475

*Year-round programming for cross-country skiing and conditioning programs for kids starting at age 6. Free Skiing for Families offered for school age children, K-5<sup>th</sup>, who are part of TTUSD.*

### Dance/Gymnastics

Lake Tahoe Dance Collective <https://www.laketahodancecollective.org/>

Sierra Nevada Dance <http://sierranevadadance.org/>

Tahoe Dance School <https://www.tahodanceschool.com/>

Tahoe Flow Arts <https://tahoeflow.com/aerial-arts-youth-programs/>

Truckee Dance Factory <https://www.truckeedancefactory.com/>

Truckee Gymnastics <https://truckeegymnastics.com/about-us/>

### Lacrosse

North Tahoe Lacrosse Club <https://tntlacrosseclub.com/>

Truckee Tribe <https://www.truckeetribe.club/>

### Martial Arts

Jiu-Jitsu - Charles Gracie Truckee/Tahoe <https://www.charlesgracietruckee.com/>

Karate Kids <https://www.tahomountainfit.com/karate>

### Soccer

North Tahoe AYSO <https://www.ayso535.org/>

Truckee AYSO <https://www.truckeeayso.org/>

Truckee River United Futbol Club <https://www.truckeeriverunited.com/>

## Truckee North Tahoe Stress Busters Resource List

Local resources to help youth regulate stress

### **Balanced Nutrition**

CalFresh Recipients: Bring your EBT card and photo ID to receive \$30 in free tokens to use at the Tuesday Truckee Farmer's Market

Truckee River Regional Park 10050 Brockway Rd.

Open Tuesdays June 6 – October 24, 2023 8:00am – 1:00pm

Sierra Community House [www.sierracommunityhouse.org/our-services/hunger-relief/](http://www.sierracommunityhouse.org/our-services/hunger-relief/)

530-546-0952

*Provides hunger relief services through weekly food distributions and other community food programs*

Free Food Distribution at St. Francis of Assisi Catholic Church

701 Mt Rose Hwy, Incline Village, NV 89451

1<sup>st</sup> Wednesday of each month 3:00 – 5:00, no ID required

Tahoe Forest Center for Health <https://www.tfhd.com/center-health>

530-587-3769 or email: [wellness@tfhd.com](mailto:wellness@tfhd.com)

*Nutrition services with Registered Dietitian; Cooking Club*

# Truckee North Tahoe Stress Busters Resource List

Local resources to help youth regulate stress

## Quality Sleep

Tahoe Forest Health System Pulmonary and Sleep Medicine  
10956 Donner Pass Road, Ste. 130  
Truckee, CA 96161 (530) 582-6400 Monday - Friday, 8am - 5pm

Good Habits of Sleep

[www.acesaware.org/wp-content/uploads/2019/12/5-Good-Sleep-Habits-English.pdf](http://www.acesaware.org/wp-content/uploads/2019/12/5-Good-Sleep-Habits-English.pdf)

[www.acesaware.org/wp-content/uploads/2019/12/5-Good-Sleep-Habits-Spanish.pdf](http://www.acesaware.org/wp-content/uploads/2019/12/5-Good-Sleep-Habits-Spanish.pdf)

Post Pandemic Reset <https://youtu.be/2MQcPrbTECg>

Sleep Hygiene: 5 G's of Good Sleep [https://youtu.be/iXx1B\\_pMqgQ](https://youtu.be/iXx1B_pMqgQ)

## Mindfulness Practices

Tahoe Forest Center for Health <https://www.tfhd.com/center-health>

530-587-3769 or email: [wellness@tfhd.com](mailto:wellness@tfhd.com)

*Biofeedback, Mindfulness Based Stress Reduction*

Mindful Warriors Circle <https://www.sierraexperience.org/mwc>

530-426-2110

*A safe space for those ages 14-25 to gather as peers, give and receive support, sharpen our tools for being more skillful and better navigate how we choose to face our challenges.*

## Music/Creative Arts

Little Bird Music <https://www.littlebirdtahoe.com/>

Split Rock Music <http://splitrockmusicco.com/>

Tahoe Truckee School of Music <https://www.tahoemusic.net/>

Truckee Tahoe Music Together <https://www.truckeetahoemt.com>

Village Music <https://www.inclinevillagemusic.com/>

Truckee Community Theater <https://truckeecommunitytheater.com/index.html>

530-386-8838

*Providing theatrical training to residents of all ages through productions, workshops, camps, and classes.*

MusicWings [www.musicwings.org](http://www.musicwings.org)

*MusicWings creates access to music education by providing financial support for music students in need in the Truckee-Tahoe area.*

# Truckee North Tahoe Stress Busters Resource List

Local resources to help youth regulate stress

## Access to Nature

Adventure Risk Challenge – Community Leadership programs

[www.adventureriskchallenge.org/programs/](http://www.adventureriskchallenge.org/programs/)

207-837-9903

Aim High [www.aimhigh.org](http://www.aimhigh.org)

415.551.2323

*Closes the opportunity gap for under-resourced middle school youth by providing them with a free summer learning program. Summers at Aim High are rigorous, enriching, and joyful.*

Courage Project [www.courageproject.org](http://www.courageproject.org)

*Through mindful engagement in inspiring outdoor experiences, we aim to enhance the lives of children who experience anxiety and depression and their families.*

## Libraries

*Outdoor talks, events and much more. State park passes are available for checkout at each local library.*

Incline Village Library 845 Alder Avenue Incline Village, Nevada 775-832-4130

Kings Beach Library 301 Secline Street, Kings Beach, CA 530-546-2021

Tahoe City Library 740 North Lake Boulevard, Tahoe City, CA 530-583-3382

Truckee Library 10031 Levon Avenue Truckee, CA 530-582-7846

SOS Outreach [www.sosoutreach.org](http://www.sosoutreach.org)

775-298-0261

*Inspiring Youth to Make Positive Decisions for Healthy and Successful Lives.*

Gateway Mountain Center <https://www.sierraexperience.org/>

530-426-2110

*We help kids find themselves in Nature.*



# Truckee North Tahoe Stress Busters Resource List

Local resources to help youth regulate stress

## Mental Health Care

988 Suicide and Crisis Lifeline <https://988lifeline.org/>

*The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.*

Freed [www.freed.org/services/transition-services/youth-transition/](http://www.freed.org/services/transition-services/youth-transition/)

800-655-7732

*To promote independence and self-determination for people with disabilities through person-driven services, collaborative community partnerships and education, and leadership that advocates for fully inclusive communities.*

Nevada County Behavioral Health

<https://www.nevadacountyca.gov/430/Behavioral-Health>

530-582-7803

10075 Levon Street, Suite 207, Truckee, CA 96161

Placer County Health and Human Services: Children's Mental Health

<https://www.placer.ca.gov/2052/Childrens-Mental-Health-Services>

1-866-293-1940 (24/7)

Psychology Today – online directory [www.psychologytoday.com/us](http://www.psychologytoday.com/us)

Tahoe Forest Health System Behavioral Health Services by referral only

<https://www.tfhd.com/behavioral-health-services>

530-582-3505

Truckee North Tahoe Mental Health Provider Directory

[www.tfhd.com/services/mental-health-providers](http://www.tfhd.com/services/mental-health-providers)

Victor Community Support Services [www.victor.org](http://www.victor.org)

530-273-2244

*Delivers mental health and family support services in the homes, schools and communities in which people live.*