



Virtual Teen Center

Created for South Bay youth by South Bay youth who recognize the mental health challenges that so many teens face

Gallery of Resources

Are You Feeling...

Mental health



Harm prevention



Common challenges



Positive connections and awareness



Calming rooms and tools to de-stress



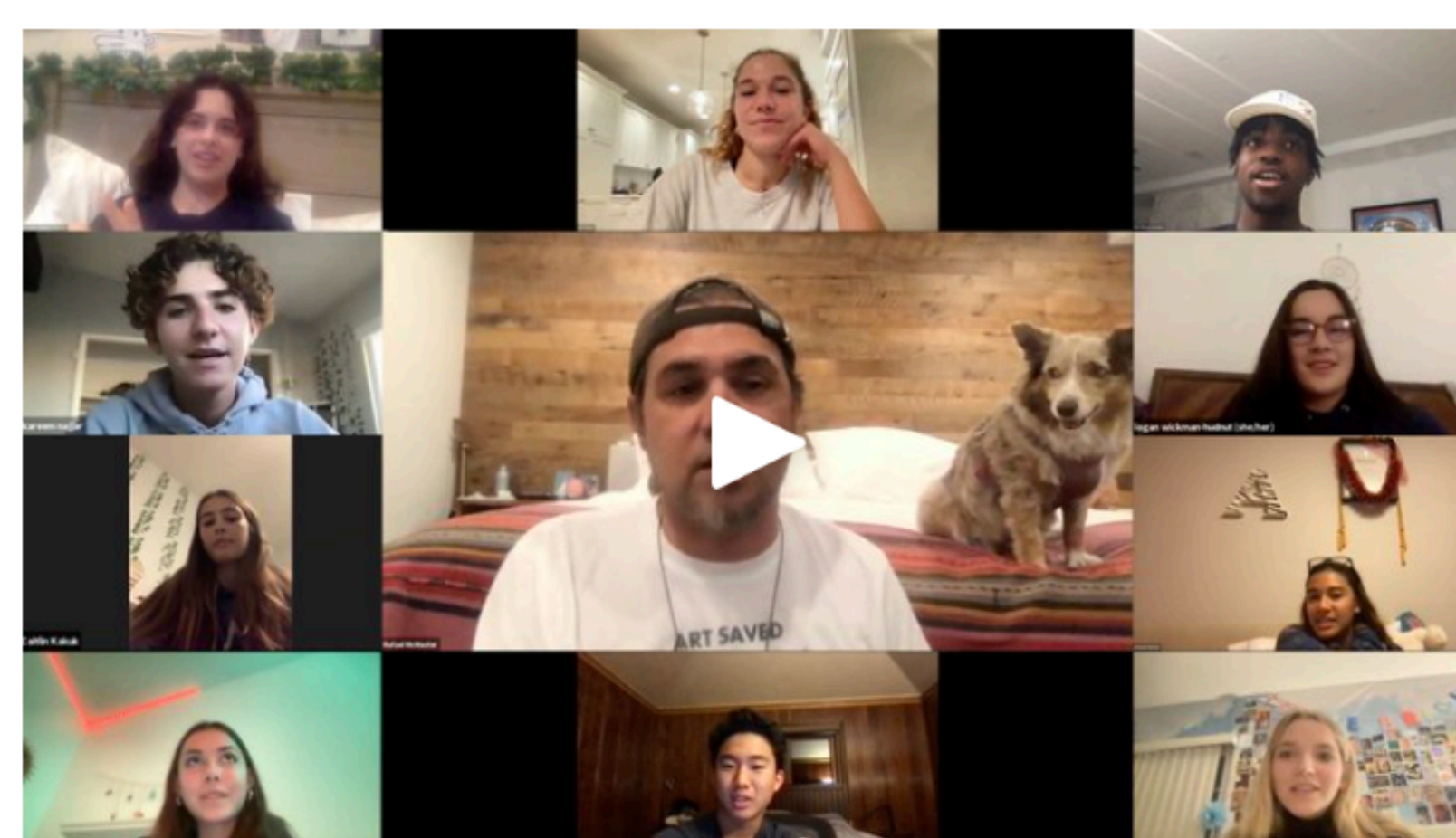
College admissions stress?



Self worth struggles?



Emotional regulation issues?



Not enough? (You are!)



Out of balance?



100+ SOUTH BAY
SCHOOLS PARTNER
WITH SBFC

SBFC is a 501(c)3

