



# RIVERSIDE COMMUNITY SERVICE AGENCY

## Are You Worried About Your Future?

Do you feel anxious or depressed?

Do you worry about finding a good job and a decent place to live?

Are you overwhelmed just thinking about life as an adult??

## Riverside can help!

We can help you build the confidence and skills to reach your goals.

We work together with teens, young adults, and their families, and together we'll do what it takes to get you there:

- Develop a personal plan with you, based on your strengths and needs
- Establish a support team of friends, family, and other caring adults
- Connect you with peer support like youth mentor services
- Help you figure out services available to you
- Create a personal safety and crisis plan

## Want to know more?

To find out how we can help, just call or text Roberta Biscan, our Community Engagement Specialist, at 781-234-8593. Or you can email [rbiscan@riversidecc.org](mailto:rbiscan@riversidecc.org).

## Youth Information Line

For more information, please call, text, or email:

Roberta Biscan

*Community Engagement Specialist*

**781-234-8593**

[rbiscan@riversidecc.org](mailto:rbiscan@riversidecc.org)

## Referrals

Anyone may refer to our Community Service Agency – youth, parents/caregivers, schools, state agencies, or providers – with the consent of the family or guardian. Please call our referral line at 877-869-3016.

## Riverside Community Care

237 Highland Avenue

Needham, MA 02494

Phone: 877-869-3016

Fax: 781-559-3192

## Community Service Agency for the Arlington Service Area

*CSA services are for youth under age 21 struggling with mental health issues. The Arlington CSA serves families in Arlington, Belmont, Canton, Dedham, Dover, Foxborough, Lexington, Medfield, Millis, Newton, Needham, Norfolk, Norwood, Plainville, Sharon, Walpole, Waltham, Watertown, Wellesley, Weston, Westwood, Wrentham.*

## Riverside Community Care

Leading the Way in Behavioral Healthcare & Human Services