



Youth

Jóvenes

Youth empowerment, teen programs and support services for young people and at-risk teens.

Hudson Valley Region & Neighboring Counties

Youth: Contents

Esta guía reúne recursos comunitarios gratuitos o de bajo costo en Hudson Valley y los condados vecinos. Verifica horarios y disponibilidad directamente con cada organización.

This guide collects free or low-cost community resources in the Hudson Valley and neighboring counties. Please confirm hours and availability directly with each organization.

Poughkeepsie (2)

1. Comunilife, Life is Precious Program
2. Family Services

Multiple Locations (1)

3. Community Matters 2

Information compiled from public community sources. Services, hours and contact details may change. Please confirm directly with each organization.

Directory: Youth

Poughkeepsie (2)

Comunilife, Life is Precious Program

Location	29 N. Hamilton Avenue, 2nd Floor, Poughkeepsie, NY 12601
Website	comunilifelip.org
Services	Works with at-risk Latina teens and women to develop their quality of life.
Social Media	Facebook: facebook.com/Comunilifelip ; Instagram: @comunilife; Twitter: @lipcomunilife

Family Services

Location	29 N Hamilton St, Poughkeepsie, NY 12601
Website	familyservicesny.org
Services	Provides resources for mental health, family programs, youth services, and prevention programs.
Social Media	Facebook: facebook.com/FamilyServicesHV ; Instagram: @family_services; Twitter: @fsi411; YouTube: @familyservices2399

Multiple Locations (1)

Community Matters 2

Website	communitymatters2.org
Services	Hosts a wide range of activities for youth empowerment, education, and accessibility.
Social Media	Facebook: facebook.com/communitymatters2 ; Instagram: @communitymatters2; YouTube: Community Matters 2

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