

## HEALTH SERVICES

**WestCoast Children's Clinic** <https://www.westcoastcc.org> (510) 269-9030

- Provides psychiatric services to vulnerable/at-risk youth.
  - Works with foster youth, sexually exploited youth, youth development programs
- Out-patient program, development programs, giving young adults skills to transition to adulthood.
- Alameda County Medi-Cal only

**Brighter Beginnings** <https://www.brighter-beginnings.org/> (510) 437-8950

- Offers family health and support programs.
- Mental health services for young children and adolescents

**Ann Chandler Public Health Center**

[https://www.cityofberkeley.info/Ann\\_Chandler\\_Public\\_Health\\_Center/](https://www.cityofberkeley.info/Ann_Chandler_Public_Health_Center/) (510) 981-5350

- Comprehensive sexual health care, family planning, supplemental nutrition for women, infant, and children, immunization, health education, and referral programs.

**Berkeley Free Clinic** <https://www.berkeleyfreeclinic.org/> (510) 548-2570

- Provides free health care, medication, and illness prevention.
- Current services include an outreach team that hands out hot meals and hygiene items, flu shots, TB tests, Resource navigation and referrals, and assistance in gaining Medicare and Medi-Cal

**La Clinica** <https://laclinica.org/>

- A number of locations across the Bay Area
- Offers comprehensive health care, including primary care, dental, behavioral health, family medicine, a pharmacy, X-rays, vision, pediatrics, etc.,
- Multilingual and Multicultural

**Asian Community Mental Health Services** <http://www.acbhcs.org/> (510) 451-6729

- Offers housing help those with serious mental illnesses or families that have a child with a serious mental illness.
- Has a substance abuse treatment and prevention program.
- Also has a tobacco treatment program.
- Focuses mainly on mental health services.

**Tiburcio Vasquez Health Center Behavioral Health** <https://tvhc.org/> (519) 471-5880

- Offers free or low-cost health insurance.
- Can help you obtain health care.
- Wide variety of services such as primary care, dental, youth health services, behavioral health services, family support services, optometry, and podiatry
- Helps set up families with WIC if eligible.

**Native American Health Center** <https://www.nativehealth.org/> (510) 535-4400

- Offers health care services such as Dental, Primary Care, and Behavioral Health
- Includes WIC (Women, Infants, and Children) training and programs.
- Has school-based health centers that includes medical, dental, and behavioral health as well as proper youth health promotion.
- Community programs that include case management, substance abuse and mental health prevention and intervention, HIV prevent/education, Workforce Development, Support for Food resources, and other social service.

**The Wright Institute** <https://www.wi.edu/wi-clinical-services> (510) 868-2260

- Multiple options of psychotherapy for older adolescents and adults
- Psychological assessments for children, adolescents, and adults
- Substance use therapy and counseling
- CBT (Cognitive Behavioral Therapy) department to help with depression, anxiety, stress, anger, OCD, and PTSD.

**Carl B. Metoyer Center for Family Counseling** <https://www.cbmcffc.org/> (510) 562-3731

- Re-entry services such as counseling for families that had a member recently incarcerated.
- Truancy support with OUSCD.
- Crisis-response and case management work for families.
- Family counseling support (virtual counseling available during COVID).

## **YOUTH/TEEN PROGRAMS**

**Berkeley Youth Alternative (BYA):** <https://www.byaonline.org/> (510) 845-9010

- Afterschool Care Program involving tutors/mentors teaching children (8-14) team building skills, improving literacy, and teachings about computers. Berkeley residents \$35/week (sliding scale), non-Berkeley residents \$75/week.
- Career Development Center for ages 16-24. Helps youth develop skills needed in workforce. Highly advocates for higher education, either through community college or vocational training.
- BYA offers counseling for youth (ages 6-24) focusing on cultural awareness, strengths-based approaches, and trauma informed approached.
  - Offers community service hours.
  - MediCal eligible clients can gain access to ROC program which involves a case manager, counseling for individuals and families, and Counseling/Life Skills groups.
- Environmental Training Center (ages 16-24) provides training on professionalism, work ethic, and internships. The Environmental Training Center also shows youth how to eat healthy and best feed their bodies while supporting their minds with an individualized counseling and group counseling, a designated study hall, and job application/resume writing skills.
- Family Opportunity Hub is for middle school/9<sup>th</sup> and 10<sup>th</sup> graders and their families who are part of the Berkeley Unified School District. Provides health and wellness programs to help set up boundaries and encourage success in school.

- Sports and Fitness is for youth ages 5-18 to help build confidence, learn about teamwork, and gain self-discipline. Also gains access to after-school tutoring and mentoring.

**REACH Ashland Youth Center** <https://reachashland.org/> 510-481-4500

- Focus on youth and young adults ages 11-24 in Alameda County.
- Sports and Recreational Activities
- Education as well as skill building and trying to increase attendance.
- Arts and creativity include visual arts classes and digital media classes.
  - Visual Arts includes painting, drawing, collage, sculpture, book-making, sewing, and etc.,
  - Digital Media includes: Digital Photography, Graphic Media, Video Production, Graphic Design
- Career Development including job readiness training, resume building, etc.,
- Health and Wellness that incorporates social justice and mentorship.

**Youth Employment Partnership (YEP):** <https://www.yep.org/> (510) 533-3447

- Offers pre-employment training of financial literacy, communication, and conflict-management skills, as well as support systems to cover any additional areas of need.
- Offers summer jobs as well as after-school jobs.
- Credit-recovery program is for youth who are court-involved and have missed schoolwork. Allows students to receive credit for tutoring at their site.

**The Mentoring Center** <http://mentor.org/> (510) 891-0427

- Mentoring Center provides teaching, mentorship, and group programs that work to build character development, life-skill training, anger management, and employability skills.
- Case management life coaching working on getting youth offenders integrated back into school.
- Mentoring groups for youth offenders to reintegrate back into society and offers case management.

**Youth Uprising** <https://www.youthuprising.org/> (510) 777-9909

- Works on developing youth and young adult into leaders that will advocate for social justice in their communities.
- Provide health, education, career, arts, and cultural programming to youth ages 13-24
- Helps youth grow through civic engagement and social entrepreneurship.

**East Oakland Youth Development Center (EOYDC)** <http://eoydc.org/> (510) 569-8088

- Builds leadership and community involvement for youth ages 6-24
- Teaches mural creating to learn about community issues.
- Education center that has tutors and mentors to reinforce skills needed to become leaders.
  - Offers field trips and computer skills training.
- 10 and under youth basketball league (8-10) for both boys and girls.
  - Teens ages 13-17 are coaches, mentors, and scorekeepers.
- Offers help targeting and finding jobs.

**Motivating, Inspiring, Supporting, and Serving Sexually Exploited Youth (MISSEY):**  
<https://misseey.org/> (510) 251-2070

- Provides intensive life coaching and case management that is rooted in survivor and trauma informed, culturally relevant, and strengths-based care.
  - Works with system involved (juvenile justice and child welfare) as well as youth (ages 12-24) not involved with systems who are vulnerable or have been affected by trafficking to provide a multitude of resources.
    - Court advocacy, connections to medical and mental health providers, housing options, educational options, and other basic needs
- Sisters Transforming and Rising (STAR) drop-in center.
  - Safe space for exploited and vulnerable female-identifying youth (ages 14-24) for mentoring, building community, life skills, and support.
- Youth Engagement Services provide prevention and intervention services to Alameda foster youth ages 12-17.

**FAMILY ADVOCACY**

**A Better Way** <https://www.abetterwayinc.net/> (510) 601-0203

- Behavior health services for youth at risk of entering or have entered foster care.
- Parent advocacy and training programs.
- Family strengthening programs.
- Great for families that are fostering youth or are close to entering foster care.

**First Place For Youth** <https://www.firstplaceforyouth.org/> (510) 272-0979

- Helps foster youth obtain their first independent housing.
  - Youth will work with an education and housing specialist to have steps in place for success.
  - Young people will have a hand in their own action plan and will determine what goals they want to meet.
- For foster youth ages 16-21, First Place offers Living Skills training and programs.
  - These programs will help youth learn about simple tasks and skills they will need for their own housing.
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**Alameda County Independent Living Program** <https://www.alamedacountyilp.org/> (510) 667-7696

- Helps youth obtain their high school diploma or GED and secure entry into secondary schooling.
- Allows youth to get in contact with employers and have personalized coaching for their resumes and skill building.
- Offers help with housing for emancipated youth or families.
  - These housing options involve case management.
- Helps youth obtain medical services and an EBT (CalFresh) card.

## LEGAL SERVICES

### Bay Area Legal Services <https://baylegal.org/> 800-551-5554

- Offers a wide variety of legal services to families in the Bay Area
  - Juvenile Justice, Economic Security, Housing Security, Domestic and Sexual Abuse, Health Care Access

### Centro Legal de la Raza <https://www.centrolegal.org/> (510) 437-1554

- A legal service centered around advancing and helping low-income, immigrant, Black, and Latinx communities in Alameda County.
- Emphasizes immigrant rights, workers' rights, and tenant rights.
- Offers help gaining COVID-19 relief services.
- Has visiting community clinics available for consultation for rights such as consumer protection rights, family rights, and workers' compensation rights.
- Multilingual and multicultural

### East Bay Community Law Center <https://ebclc.org/> (510) 548-4040

- Collaborates with social services to provide a holistic approach to legal services.
- Assists with economic security and opportunities.
  - Helps with unfair and predatory debt collection.
  - People who have a criminal history are helped overcome barriers to education, housing, employment, and participating in their rights.
  - Assists workers in creating worker-owned businesses.
- Offers legal help for youth caught in the juvenile justice system.
- Defends against eviction lawsuits.

## COMMUNITY PROGRAMS

### Building Opportunities for Self Sufficiency (BOSS): <https://self-sufficiency.org/> (510) 649-1930

- Helps people find and secure housing through while also providing assisted independent living and emergency shelters.
  - Has a housing navigation team on staff.
- Offers case management for people who are homeless living with mental health issues, physical health issues, or addiction.
- Robust re-entry assistance programs
  - Warm hand-offs to help recently criminal justice impacted person address barriers that prevent self-sufficiency.
  - Career Training and Fellowship Center (CTFC) provides job training, education, and employment services, including those impacted by the justice system.
  - Hope Reentry Campus provides temporary housing and relief services for individuals recently incarcerated returning back to society.
- Neighborhood impact HUB services help push back against systemic racism in disenfranchised neighborhoods of color, in West, East, and Downtown Oakland

- Helps with support services, housing, community healing, and career training and employment.

**Lao Family Community Development <https://lafd.org/> (510) 533-8850**

- Helps individuals obtain and retain jobs.
- Case management as well as service referrals and recommendations in over 20 languages
  - Group workshops and counseling referrals
- Adult education and English as Second Language (ESL) teachings
- Work opportunities and training for both youth and adults
- Refugee/immigrant services such as employment and housing placement

**Bay Area Community Services (BACS): <https://www.bayareacs.org/> (510) 613-0330**

- BACS provides a wide variety of services ranging from mental health needs, and substance abuse, to emergency housing, or permanent housing.
  - Mental health needs: in-patient facilities, wrap-around services, crisis treatment residential facilities.
  - Nevin house in Richmond provides mental health and substance abuse counseling.
  - Housing: Prevention program that provides one-time funding and legal assistance, housing co-op, and housing funds to help someone find a place (temporary or permanent)
- Also has a supportive employment program to help find sustainable employment.

**SEXUAL ASSAULT/DOMESTIC VIOLENCE HELP**

**Bay Area Women Against Rape <https://bawar.org/> (510) 845-7273**

- Offers peer-counseling and advocacy for sexual assault and rape survivors.
- Mental health services for those affect by sexual assault.
- Multilingual and multicultural
- Youth programs that help with job training and placement as well as summer internships
- Youth programs for employment, furthering education, language barriers, case management, GED prep, and important communication and leadership skills.
- Multicultural and multilingual
- Free and full legal services to immigrants facing immigration issues.

**Motivating, Inspiring, Supporting, and Serving Sexually Exploited Youth (MISSEY): <https://missey.org/> (510) 251-2070**

- Provides intensive life coaching and case management that is rooted in survivor and trauma informed, culturally relevant, and strengths-based care.
  - Works with system involved (juvenile justice and child welfare) as well as youth (ages 12-24) not involved with systems who are vulnerable or have been affected by trafficking to provide a multitude of resources.
    - Court advocacy, connections to medical and mental health providers, housing options, educational options, and other basic needs
- Sisters Transforming and Rising (STAR) drop-in center.

- o Safe space for exploited and vulnerable female-identifying youth (ages 14-24) for mentoring, building community, life skills, and support.
- Youth Engagement Services provide prevention and intervention services to Alameda foster youth ages 12-17.

**A Safe Place <https://www.asafeplace.org/> (510) 986-8600**

- Provides 24-hour emergency shelter from abuse.
- Counseling for individuals and families.
- Re-entry services
- Help leaving an abusive home or partnership.

**EMERGENCY SHELTER HELP**

**Larkin Street <https://larkinstreetyouth.org/> (415) 673-0911**

- One emergency shelter for 18-24 and one shelter for under 17 years of age
- Two drop-in shelters for ages 18-24 providing a place to shower, do laundry, access the internet, etc.,
- One location for medical services (ages 25 and under) including HIV testing and primary care.
- Offers supportive programs to help find longer term housing.
- Education and employment program for ages 25 and under. Offers GED, job training, internships, and college readiness programs.

**DreamCatcher Youth Services**

<https://covenanthousecalifornia.org/dreamcatcher-youth-services/>

- Short-term and emergency shelter for youth (12-18)
- Youth Wellness Center provides a safe place to hang out during the day until the youth can return to the place they sleep at
- Offers place for girls escaping sexual and domestic abuse as well as programs and services.

**CityTeam <https://cityteam.org/oakland/>**

- Provides shelter, hot meal, showers, clothing, and medical care to those in need.

**Berkeley Food and Housing Program <https://bfhp.org/> (510) 649-4965**

- Provides one hot meal a day at 2140 Dwight Way, Berkeley, CA 94704 Mon-Fri 3pm-4pm
- Has emergency shelter one for women, one for men.
  - o Provides hot meals, showers, laundry, and access to housing case managers.
- Provides permanent supportive housing for those with needs that prevent them from being able to obtain housing themselves.\

**24-hr OPTCC Family Shelter 4700 International Boulevard  
Oakland, CA 94601 (510) 534-6030**

- Emergency shelter for families

## **FOOD HELP**

**Alameda County Community Food Bank** <https://www.accfb.org/> (800) 870-3663

- Provides hot meals and food distribution.
- Helps families enroll in CalFresh.

**Alameda Food Bank** <https://www.alamedafoodbank.org/>

- Provides groceries and food to anyone, just need photo ID
- Only once per week

**All Saints Episcopal Church 911 Dowling Blvd. San Leandro, (510) 569-7020**

- Hot meals, clothes, and basic needs to low-income families, children, and seniors

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