

2009 EAST BAY COUNSELING CHOICES
A Service of EBCAMFT

RESOURCE AND REFERRAL GUIDE
(updated 11/09)

CRISIS & DOMESTIC VIOLENCE

Battered Women

A Safe Place, Oakland	510.536.7233
Building Futures for Women/Children	866-A-WAY-OUT 866.292.9688
Family Violence Institute (CSPP), Oakland	510.208.0255
Family Violence Law Center, Berkeley	510.208.0220
SAFE Quest, Vallejo	707.557.6600
Second Chance, Newark, 510.792.4357 or San Leandro	510.481.8645
Shelter Against Violent Environments (SAVE), Fremont	510.794.6055
Shepherd's Gate, Livermore	925.443.4283
STAND! Against Domestic Violence, Contra Costa	888.215.5555
Tri-Valley Haven, Alameda County	925.449.5845

Domestic Violence

Building Futures for Women/Children	866-A-WAY-OUT
Family Violence Law Center, Berkeley	510.208.0220
SAFE Quest, Vallejo	707.557.6600
Shalom Bayit, Oakland: counseling, groups	510.451.7233
Shelter Against Violent Environments (SAVE), Fremont	510.794.6055
STAND! Against Domestic Violence, Contra Costa	888.215.5555
The Woman Inc (24 hr domestic violence hotline)	415.864.4722
Tri-Valley Haven, Alameda County	925.449.5845

Emergency Psychiatric Assistance/Hospitalization

Alameda County Crisis Response Program	510.268.7837
(North Alameda County) or 510.66.4901 (South Alameda County)	
Berkeley Mobile Crisis Intervention	510.981.5254
Berkeley Mental Health Clinic	510.981.5290
Contra Costa Mental Health Services	925.646.2800
John George Pavilion	510.346.7500
Sausal Creek Outpatient Clinic, Oakland	510.437.2363

Family and Child Crisis

Alameda County Children and Youth Crisis Team	510.618.3432
Non-emergency services children (12 and under)	
Children's Hospital (BERT TEAM)	510.428.3000
Adolescents' Crisis Response (12+) Willow Creek Ctr,	510.483.3030
California Youth Crisis Line (24 hour hotline)	800.843.5200
Family Paths, Alameda County (24 hr hotline)	510.893.5444
Family Stress Center, Concord/CCC	925.827.0212
West Oakland Mental Health	510.465.1800

Child Protective Services

Alameda County	510.259.1800
CCC-Central	925.646.1680
CCC-East	925.427.8811
CCC-West	510.374.3324

CRISIS & DOMESTIC VIOLENCE (continued)

Homelessness	
CALL 211 for information on homeless shelters	
A Safe Place, Oakland	510.536.7233
Catholic Charities	510.768.3100
CCC Crisis Line, Contra Costa	800.833.2900
CCC Crisis Center (emergency shelter hotline)	800.808.6444
Healthcare for the Homeless (healthcare)	925.313.6166
Emergency Shelter Program, Hayward	510.786.1246
Food Bank of Contra Costa and Solano Counties	925.676.7543
Northern California Family Center (runaways)	800.718.4357
Sunrise Village Shelter	510.252.0910
Phoenix Programs, CCC Central (no overnight)	925.685.7613
Rescue Mission, Richmond	510.215.4555
Salvation Army, CCC	925.676.6180
Salvation Army Shelter Hotline	800.808.6444
Second Chance, Newark 510.792.4357 & San Leandro	510.481.8645
Shelter Bed Hotline (no answer)	800.774.3583
Shelter, Inc	925.335.0698
Tri-Valley Haven, Alameda County	925.449.5845
Male Batters	
Alameda County Probation	510.268.7132
Center for Non-Abusive Relationships, Oakland	510.452.6243
Dana Fetz, MFT, Richmond	510.741.0721
East Oakland Mental Health	510.279.8800
Rape	
Bay Area Women Against Rape, Alameda County	510.845.7273
Tri-Valley Haven, Alameda County	925.449.5845
Suicide	
Crisis Support Services, Alameda County	800.309.2131
CC Crisis Center, Contra Costa	800.833.2900
Friendship Line (Seniors) Bay Area	800.971.0016
EATING DISORDERS	
Casa Serena, Concord	925.682.8252
ETHNIC AGENCIES	
Asian Community Mental Health, Oakland	510.451.6729
Bay Area Association of Black Social Workers, SF	415.982.2716
Chinese Cultural Foundation, Alamo	925.938.9988
Community Counseling & Education, Fremont	510.792.4964
East Bay Asian Youth Center, Oakland	510.533.1092
Foreign language services	
CCC Crisis Center (Spanish)	800.833.2900
Kensho Counseling Ctr for Cross Cultural & Holistic Pscyh	510.665.4118
La Clinica de la Raza, Oakland	510.535.4000
La Familia, Hayward (Medi-Cal for kids only)	510.881.5921
Lucas Family & Child Counseling, Pittsburg	925.432.7844
Native Am Health Center – Family/Child Guidance, Oakland	510.434.5421

GAY & LESBIAN

Pacific Center for Human Growth, Berkeley 510.548.8283

GRIEF

Alliant University DBA Psychological Services 510.628.9065
CCC Crisis Center, Walnut Creek 800.837.1818
Eden Medical Center, Alameda County 510.537.1234
Friendship Line (Seniors) Bay Area 800.971.0016
Hope Hospice, Dublin 925.829.8770
Hospice of the East Bay, Pleasant Hill 925.887.5681
PediatriCare, Oakland 510.531.7551
Sutter Hospice, Emeryville 510.450.8596
Widow& Widowers Network, Walnut Creek 925.256.7952

IMPULSE TREATMENT**Anger Management**

Alameda Family Services, Alameda 510.629.6300
Center for Non-Abusive Relationships, Oakland 510.452.6243
Dana Fetz, MFT, Richmond 510.741.0721
Kaiser anger mgmt. groups Open to the public 510.752.1075
Stand against Dom. Viol., 12 wk. group Concord 925.676.2968

Gambling

R-Quest, Pleasanton 925.426.0501

Sex Addiction

Impulse Treatment Center, Walnut Creek 925.680.4477

LEGAL

Bay Area Legal Aid
Alameda County, Oakland 510.250.5270
Contra Costa County, Richmond 925.233.9954
Law Center for Families
Hayward 510.538.6507
Oakland 510.763.2169
Lawyer Referral Service, Alameda County Bar Assoc 510.302.2222
Lawyer Referral Service, CC County 925.825.5700

MEDI-CAL

Medi-Cal referrals for mental health, Alameda County 800.491.9099
Contra Costa referrals for mental health 888.678.7277
Alameda County Psychological Assoc 510.433.9580
Asian Community Mental Health, Oakland 510.451.6729
Axis Community Health, Pleasanton 925.462-5544
Earth Circles Counseling Center, Oakland 510.601.1929
La Clinica de la Raza, Oakland 510.535.4000
La Familia, Hayward (Medi-Cal for kids only) 510.881.5921
Lucas Family & Child Counseling, Pittsburg 925.432.7844
Native Am Health Center – Family/Child Guidance, Oakland 510.535.4440
Touchstone Counseling Services, Pleasant Hill 925.932.0150

MENTAL ILLNESS – FAMILY SUPPORT

Family Alliance for the Mentally Ill, Oakland	510.653.2182
John George Pavilion	510.346.7500
Mental Health Advocates of Alameda County	510.8355010
Mental Health Consumer Concerns, Concord	925.521.1230
Patient Rights Advocates, Oakland 1.800.734.2504	510.835.2505
West County Mental Health Center, Richmond	510.374.3068

SEX THERAPY

Berkeley Therapy Institute	510.841.8484
Ruth Cohn, MFT, Berkeley	510.653.6256

SUBSTANCE ABUSE/RECOVERY

Alameda Family Services (formerly Xanthos)	510.629.6300
Axis Community Health, Pleasanton	925.462.5544
Native Am Health Center – Family/Child Guidance, Oakland	510.535.4440
New Connections, Concord	925.363.5000
Second Chance, Hayward, San Leandro, etc., clinics, shelter	510.792.4357

TWELVE STEP GROUPS

Al-Anon/AlaTeen	
Berkeley, Albany, West Contra Costa County	510.528.4379
Oakland to Fremont	510.276.2270
AlaTeen ONLY Contra Costa	925.705.1905
CoDependents Anonymous	415.905.6331
Debtors Anonymous	415.595.9690
Mandana Community Recovery, Oakland	510.595.9690
Marijuana Addicts Anonymous	510.287.8873
Nar-Anon Family Group	510.496.2708
Narcotics Anonymous	
Alameda County	510.444.4673
Contra Costa County	925.685.4357
Overeaters Anonymous	415.436.0651

INFORMATION AND REFERRAL SERVICES

Alameda County Psychological Assoc	510.433.9580
CAMFT Marin	415.459.3484
CAMFT San Francisco	415.441.5644
CAMFT Santa Clara/San Mateo	408.235.0210
CC Crisis Center (Contra Costa) www.Crisis-Center.org	800.833.2900
Contra Costa County Psychological Assoc	925.939.9024
Crisis Support Services, Alameda County www.CrisisSupport.org	800.309.2131
East Bay Counseling Choices 510.525.6678 OR www.CounselingChoices.org	877.525.6678

Eden Information and Referral www.AlamedaCo.info 211 or 510.537.2552

LOW FEE ADULT AND FAMILY – ALAMEDA COUNTY

Alameda Family Services	510.522.8363
Alliant Univ. DBA Psychological Services Ctr.	510.628.9065
Ann Martin Center, Oakland	510.655.7880
Axis Community Health, Pleasanton	925.462.5544
Berkeley Mental Health	510.981.5290

LOW FEE ADULT AND FAMILY – ALAMEDA COUNTY (continued)

Berkeley Therapy Institute	510.841.8484
CA State East Bay Community Counseling	510.885.3007
Catholic Charities Counseling Services, Fremont/Hayward/Oak	510.768.3100
Center for Creative Growth (John Bradshaw approach) Albany	510.527.2100
Christian Counseling Center, Fremont	510.794.8581
Community Counseling & Education, Fremont	510.792.4964
Earth Circles Counseling Center, Oakland	510.601.1929
Eden Community Support Center	510.667.7540
Family Institute of Pinole (MediCal)	510.741.7286
Horizon Family Counseling, Livermore	925.371.4747
Jewish Child and Family Services of the East Bay	510.704.7475
JFK University Holistic Counseling, Oakland	510.444.3344
La Clinica de la Raza, Oakland	510.535.4000
La Familia, Hayward (Medi-Cal for kids only)	510.881.5921
Native Am Health Center – Family/Child Guidance, Oakland	510.434.5421
Oak Creek Counseling Center, Berkeley	888.637.7404
Psychological Services Center, Oakland	510.628.9065
The Psychotherapy Institute, Berkeley	510.548.2250
The Wright Institute, Berkeley	510.548.9716
Tri-Cities Family Service, Newark/Fremont/Union City	510.791.3322

LOW FEE ADULT AND FAMILY – CONTRA COSTA COUNTY

Amador Family Center, Pleasant Hill	925.685.9463
Antioch Counseling Center, Antioch	925.754.9300
Bay Area Psychotherapy Training Institute (BAPTI), Lafayette	925.284.2298
Contra Costa Mental Health (adults)	925.646.5480
Contra Costa Senior Peer Counseling (seniors)	925.646.1695
Discovery Counseling Center, Danville	925.837.0505
Family Stress Center, Concord	925.827.0212
JFKU Community Counseling Center, Pleasant Hill	925.798.9240
Lucas Family & Child Counseling, Pittsburg	925.432.7844
Northern California Family Center, Walnut Creek	925.939.8050
Oak Creek Counseling Center, Lafayette	888.637.7404
Peace Counseling Center, Danville	925.648.7003
Women’s Therapy Center, El Cerrito	510.524.8288

LOW FEE REFERRALS FOR CHILDREN – ALAMEDA/CONTRA COSTA

Alameda Family Service Agency, Alameda	510.629.6300
Ann Martin Children’s Center, Oakland	510.655.7880
Axis Community Health, Pleasanton	925.462.5544
Catholic Charities of the East Bay, many locations,	510.768.3103
	925.825.3099
Child Development Center, Children’s Hospital Oakland: Assessment only	510.428.3351
Community Counseling & Education Center, Fremont	510.792.4964
Central Contra Costa Mental Health (children and adolescents)	925.646.5468
Discovery Counseling Center, Danville	925.837.0505
Eden Children’s Center, San Leandro	510.667.7540
Family Institute of Pinole	510.741.7286

**LOW FEE REFERRALS FOR CHILDREN – ALAMEDA/CONTRA COSTA
(continued)**

Family Stress Center, Concord	925.827.0212
Family, Youth and Children's Services, Berkeley	510.981.5280
Fremont Youth and Family Counseling	510.574.2100
Girls, Inc./Pathways Counseling, San Leandro	510.357.5515
Jewish Child and Family Services, Berkeley/W.C.	510.704.7475
JFK University Holistic Counseling, Oakland	510.444.3344
La Clinica de la Raza, Oakland	510.535.4000
Mythago Child & Family Guidance, Berkeley	510.644.4227
Native Am Health – Family/Child Guidance, Alameda County	510.535.4440
Family Paths, Oakland/Fremont/Berkeley	800.829.3777
Project Eden Youth Services, Hayward	510.247.8200
Youth & Family Counseling Center, Walnut Creek	925.933.2627
UCB Psychology Clinic, Berkeley (psych testing/tx)	510.642.2055
Child, Youth and Family Services, Hayward Police Dept	510.293.7048
West Coast Children's Center, El Cerrito	510.527.7249
Women's Therapy Center, El Cerrito women, couples, teen girls	510.524.8288

CHILD CARE INFORMATION

Bananas, Oakland	510.658.0381
Bay Area Crisis Nursery, Concord	925.685.8052
Community Childcare Coordinating Council, Hayward	510.582.2182
East Bay Agency for Children	510.268.3770

SENIOR SERVICES

Alameda/Contra Costa County Senior Information & Assistance	800.510.2020
Contra Costa Senior Peer Counseling	925.646.1695

November 2009

Please note, this is a listing of some resources available in the East Bay and it may contain errors. For any corrections, please contact:

East Bay Counseling Choices of EBCAMFT
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