

Alameda Family Services

Alameda Family Services is a human services organization active in Alameda and the East Bay, whose programs improve the psychological, emotional, and physical well-being of children, youth and families. Programs of Alameda Family Services include:

- Behavioral Health Care Services
- Early Head Start
- Head Start
- School-Linked Services
- Family Support Services

Our therapists are graduate or post-graduate students under the clinical supervision of licensed mental health professionals.

Our substance use counselors are registered or certified.

Confidentiality

Sessions are conducted in private. Clients' concerns and the matters discussed remain confidential, unless otherwise determined by legal requirements.

Alameda Family Services
2325 Clement Avenue, Suite A
Alameda, CA 94501
510.629.6300
www.alamedafs.org
<http://tinyurl.com/AFSNews>

AGENCY HOURS

Monday through Thursday, 9am-8pm
Friday, 9am-5pm

Behavioral Health Care Services

Mental Health Support
Substance Use Treatment

Changing Lives,
Building Community

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COUNSELING SERVICES

**WE OFFER THERAPY FOR
CHILDREN, YOUTH, FAMILIES,
ADULTS, AND COUPLES**

ABOUT OUR SERVICES

Services

- Family therapy for children and adolescents
- Therapy for youth on probation
- Individual or family therapy for adults
- Couples counseling
- Anger management groups for adults
- Child-parent psychotherapy for ages birth to 7 in the home or clinic with eligible Alameda County Medi-Cal
- Counseling services at Alameda Point Collaborative and Ruby Bridges Elementary School (no-cost)
- Referrals and resources

To make an appointment

- Call our intake line at 510.629.6210 and leave a message.
- One of our intake therapists will return your call and complete a brief confidential phone intake.

Costs

- Sliding scale fee per session.
- Eligible Alameda County Medi-Cal is accepted.
- Eligible families with school-age children in Alameda may qualify for one no-cost session.

**WE OFFER BRIEF,
STRENGTH-BASED
SUPPORT TO HELP
YOU AND YOUR FAMILY**

- Family meetings with children and adolescents
- Relationship concerns, including couples therapy
- Divorce and custody challenges
- Grief and loss of a loved one
- Anxiety
- Depression
- Life transitions
- Work stress
- Fighting, yelling, or anger management issues
- Parenting support
- Trauma and recovery
- Truancy and school attendance problems
- Cross-cultural concerns
- Academic difficulties or low grades
- Youth who run away or who are beyond parental control
- Cutting or other forms of self-injury
- Youth at risk for violence
- Substance use concerns
- Gender diversity questions

DRUG AND ALCOHOL TREATMENT

**WE OFFER GROUP SUPPORT FOR
YOUTH, FAMILIES, AND ADULTS**

ABOUT OUR SERVICES

Services

- Youth Outpatient Drug-Free Treatment
12-17 years old
-10-20 weeks, groups meet twice weekly
-90 minutes each group
-group, individual and family counseling
- Adult Outpatient Drug-Free Treatment
-90 minutes each group
-group and individual counseling

To make an appointment

- Call our intake line at 510.629.6320 and leave a message.
- One of our counselors will return your call and complete a brief confidential phone intake.

Costs

- Treatment groups are FREE.
- Weekly drug testing costs \$20.00.
- Eligible Alameda County Medi-Cal is accepted.

Concerned that your child may be using drugs/alcohol? Call 510.629.6316 to inquire about a FREE introductory drug testing and consultation for youth not enrolled in the Youth Program.