



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

#### **AGENCY HOURS**

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

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

Therapy offered in the following languages through August 2020: English, Spanish, Cantonese, and Mandarin.

#### **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://www.alamedafs.org)

# Alameda Family Services

## Behavioral Health Care Services

Mental Health Support

**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
- 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 (no-cost)
- Referrals and resources

#### **To make an appointment or for additional information**

- 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

## PSYCHOLOGICAL ASSESSMENTS

### **ABOUT OUR SERVICES**

#### **Services**

- Brief psychological testing for children and adults to better understand strengths and needs.
- LD, ADHD, Executive Functioning, and in-depth psycho-diagnostic testing are also offered.

#### **Costs**

- Prices begin at \$250

## ANGER MANAGEMENT GROUP

### **ABOUT OUR SERVICES**

#### **Services**

- Low-fee Monday evening group with open enrollment for adults

#### **Costs**

- A \$20 intake is required to join the group

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