



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 June 2019: English, Spanish, Cantonese, Mandarin, Hebrew, Swiss German, and French.

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

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 are on a sliding scale starting at \$150.

ANGER MANAGEMENT GROUP

ABOUT OUR SERVICES

Services

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

Costs

- A \$20 intake is required.
- Weekly fee is based on a sliding scale.

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- One of our counselors will return your call and complete a brief confidential phone intake.