



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:

- Clinic & Community Based Behavioral Health Care
- Early Childhood & Family Support
- School-Based 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 is offered in English and Spanish as well as in the following language: Farsi (September through June 2023).

Confidentiality

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



alameda
family
services

Clinic and Community Based Behavioral Health Care Division

Mental Health Support



2325 Clement Avenue
Alameda, CA 94501
510-629-6300
Fax 510- 306-1062
www.alamedafs.org

COUNSELING SERVICES

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

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 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-aged 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 questioning

PSYCHOLOGICAL ASSESSMENT

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

Services

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

Costs

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

Please call for information about other groups.

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