



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. Divisions 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 languages: Farsi and Mandarin (September through June 2024).**

#### **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](http://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 evening group with open enrollment for adults.

### Costs

- A \$20 fee is required for the intake session.

**Please call for information about other groups, times, and fees.**

### TO MAKE AN APPOINTMENT OR FOR ADDITIONAL INFORMATION

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