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

Changing Lives,
Building Community
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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• One of our counselors will return your call and complete a brief confidential phone intake.