Community Resources

API Wellness – Serving people of color and the LGBTQ Community
726 Polk Street, San Francisco
1800 Market Street, Suite 401, San Francisco
415.292.3400
http://apiwellness.org/site/wellness-clinic/

Asian Community Mental Health
310 8th Street, Ste. 201, Oakland
510.869.6000/info@acmhs.org

The Association of Black Psychologists
http://www.abpsi.org/

Carl B. Metoyer Center for Family Counseling
9925 International Blvd. Ste. 6, Oakland
510.562.3731
https://www.cbmcffc.org/services/

East Bay Meditation Center
285 17th Street, Oakland
https://eastbaymeditation.org/

Offers the following classes:

Every Body Every Mind Sangha
Sundays, 6:00 - 7:30 pm
for people living with disabilities, limitations, differences and illness

LGBTQI & Same-Gender Loving Practice Group ("Alphabet Sangha")
Tuesdays, 7:00 - 8:30 pm
for the lesbian, gay, bisexual, transgender, queer, questioning, intersex & same-gender loving communities

People of Color Yoga
Thursdays, 6:00 - 7:00 pm
for people of color, no mat or special clothes required

People of Color Sangha
Thursdays, 7:00 - 9:00 pm
for people of color

Maha Sangha for All People & Communities
Fridays, 6:30 - 8:30 pm
open to all; emphasis on radical inclusivity and social justice

Employee Assistance
2222 Bancroft Way
510.643.7754
https://uhs.berkeley.edu/bewellatwork/employee-assistance

La Clinica de la Raza
1501 Fruitvale Avenue, Oakland
510.535.6200/laclinica.org/CasaDelSol