

## **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 8<sup>th</sup> Street, Ste. 201, Oakland  
[510.869.6000/info@acmhs.org](mailto: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 17<sup>th</sup> 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](http://laclinica.org/CasaDelSol)

