PLTS CARES emphasizes a holistic, interdisciplinary approach to care of the seminary and individual students through a network of support, advocacy, and referral services. Through collaboration and coordination of resources, we seek to foster a vibrant and equitable community focused on the academic and personal success of students preparing for leadership in ministry settings.

We encourage and assist students to develop and sustain habits of self-care from the outset of their program and to continue these habits in their future ministry settings. These habits include, among others, arranging in advance a professional network to provide medical supports, mental health supports, spiritual direction and pastoral counseling, physical activity and movement, and academic and other accommodations.

Office of Student Affairs
Pacific Lutheran Theological Seminary
2000 Center St. Ste. 200
Berkeley, CA 94704

Please note that the resources listed are not endorsed by PLTS or Cal Lutheran but are provided as a starting point for one's own research to find a fit for your needs.
ESSENTIAL SERVICES IN THE COMMUNITY

**Aids Legal Referral Panel**
- Telephone: (415) 701-1200
- Address: 1663 Mission St. Ste. 500, SF
- Website: [www.alrp.org](http://www.alrp.org)

**Community Living Campaign**
- Telephone: (415) 431-7522
- Address: 1663 Mission St. Ste. 525, SF
- Website: [www.sfcommunityliving.org](http://www.sfcommunityliving.org)

**Hearing and Speech Center**
- Telephone: (415) 921-7658
- Address: 1234 Divisadero St., SF
- Website: [www.hearingspeech.org](http://www.hearingspeech.org)

**Golden Gate Regional Center**
- Telephone: (415) 546-9222
- Address: 1355 Market St. Ste. 220, SF
- Website: [www.ggrc.org](http://www.ggrc.org)

**HomeBridge**
- Telephone: (415) 255-2079
- Address: 1035 Market St., L-1, SF
- Website: [www.homebridgeca.org](http://www.homebridgeca.org)

**Lighthouse for the Blind & Visually Impaired**
- Telephone: (415) 431-1491
- Address: 1155 Stevenson Street, SF
- Website: [www.lighthouse-sf.org](http://www.lighthouse-sf.org)

**Support For Families of Children with Disabilities**
- Telephone: (415) 920-5040
- Address: 1663 Mission St. Ste. 700, SF
- Website: [www.supportforthefamilies.org](http://www.supportforthefamilies.org)

**The Arc: San Francisco**
- Telephone: (415) 255-7200
- Address: 1500 Howard St., SF
- Website: [www.thearcsf.org](http://www.thearcsf.org)

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**EAST BAY PARATRANSIT**

East Bay Paratransit is a public transit service for people who are unable to use regular buses or trains, like those operated by AC Transit and BART, because of a disability or a disabling health condition. East Bay Paratransit transports riders from their origin to their destination in vans equipped with a wheelchair lift.

- Telephone: (510) 287-5000
- Address: 1750 Broadway, Oakland
- Website: [www.eastbayparatransit.org](http://www.eastbayparatransit.org)

**Service Hours:**
Service is provided during the hours of AC Transit’s bus and BART’s rail operations. Service is limited to areas within ¾ mile of an operating bus route or BART station.